

# TASK: GOOD THOUGHTS AND BAD THOUGHTS



OK MATE? HOW ABOUT WE TRY AND GET RID OF THE GERMS TO TRY AND MAKE YOU FEEL BETTER? CAN YOU TELL ME HOW YOU FEEL?

ON A PIECE OF PAPER OR A WHITE BOARD FORM TWO COLUMNS WITH THE TITLES 'GOOD THOUGHTS' AND 'BAD THOUGHTS'.

IN THE COLUMN 'GOOD THOUGHTS', LIST ALL THE GOOD THOUGHTS IN YOUR HEAD, FOR EXAMPLE, PLAYING FOOTBALL, MEETING FRIENDS, WHAT'S FOR LUNCH. IN THE COLUMN 'BAD THOUGHTS', LIST ALL THE BAD THOUGHTS IN YOUR HEAD, FOR EXAMPLE, I'M NOT AS GOOD AS MY FRIENDS, EVERYONE TALKS BEHIND MY BACK, EVERYONE WILL LAUGH AT ME. I KNOW, IT'S HARD, ISN'T IT?

DON'T WORRY IF YOU CAN'T THINK OF ANY STRAIGHT AWAY – MAYBE MORE THOUGHTS WILL COME TO MIND DURING THE DAY OR WEEK!

READ THROUGH THESE THOUGHTS AND DISCUSS THEM WITH A FRIEND OR TEACHER. TAKE YOUR TIME TO SAVOUR THE GOOD THOUGHTS, THESE ARE IMPORTANT!

ARE THERE BAD THOUGHTS YOU COULD IGNORE? IF THERE ARE, CROSS THEM OUT STRAIGHT AWAY!

IS THERE A NEED TO WORRY ABOUT ALL THE BAD THOUGHTS? ARE THERE BAD THOUGHTS YOU COULD TRY AND MAKE SENSE OF? WHY NOT TRY AND TURN BAD THOUGHTS INTO GOOD THOUGHTS BY USING THESE SENTENCES TO HELP YOU:

**INSTEAD..., I COULD...  
IF I THINK..., I COULD DO...  
WHEN I FEEL..., I COULD THINK... INSTEAD**

EVERY TIME YOU TAKE A SMALL STEP LIKE THIS, YOU BEAT THE OCD, AND THAT IS A GOOD FEELING! IT'S GOING TO TAKE TIME, YOU WON'T CHANGE EVERY THING OVERNIGHT. YOU'RE AWESOME!

