Changing B-L-U-E Thoughts

B-L-U-E thoughts are thoughts that are too negative to be true. B-L-U-E thoughts make us feel bad.

B - Blaming myself
L - Looking for bad news
U - Unhappy guessing
E - Exaggerating

Come up with some B-L-U-E thoughts for the examples below.

**Give an example of Blaming Yourself**

- That test today was really hard!

**Give an example of Looking for Bad News**

- Oops! I accidentally painted that tree purple!

**Give an example of Unhappy Guessing**

- My recital is tomorrow.

**Give an example of Exaggerating**

- On my math test I got 21 right and 4 wrong.
What we think can change the way we feel. Practice changing unrealistic B-L-U-E thoughts to more realistic TRUE thoughts. Remember to ask yourself the following questions:

- What's the evidence?
- Is there another way to look at the situation?
- What would you tell a friend who had this thought?
- What if it is true—would that really be so bad?

I'll never be as good a skater as my sister.

Realistic TRUE thought:

My team lost the game and it's all my fault.

Realistic TRUE thought: