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 laming myself
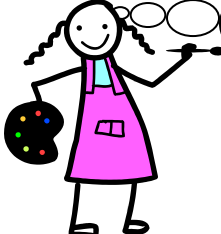
L ooking for bad news

U nhappy guessing

E xaggerating

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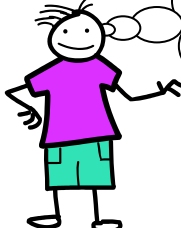
SAMPLE

That test today was really hard!

Give an example of Blaming Yourself

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.

Double Bubbles

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 <u>is</u> 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: