

TRICK OR TREAT YOUR THOUGHTS!

Sweeten your thinking!

TRICK THOUGHTS (Unhelpful)

I can't
do this.

It's too
hard.

I'll never
get it right.

Everyone is
better
than me.

I should
give up.

What if it
goes wrong?

TREAT THOUGHTS (Helpful)

I can try
my best.

This is hard,
but I can
learn.

Mistakes
help me
learn.

I can focus
on my own
progress.

I can ask
for help or
try again.

I can handle
what
happens.

Notice a **trick thought** → Turn it into a **treat thought!**

Pause, breathe, and choose a kinder, more helpful thought.