

Thought Swap:

Stressful Thought → Helpful Thought



Goal: Practice answering unhelpful thinking with something more balanced

Time: 15–20 minutes



Paper or prepared thought cards

Thought Swap

Stressful Thought	Helpful Thought
"I'm going to mess everything up."	Ask what makes it land hard
"Everyone thinks I'm awkward."	then rewrite it into something balanced & believable.
"I can't handle this."	_____

Forced positivity isn't the goal. Realistic belief is.

Age Adaptation



Middle schoolers:
school & friends
worries



Teens: social
pressure &
anxiety



Adults: work &
relationships



Debrief: Does the new thought feel believable?
Does it change your next step?

