

**1. The situation.**

*I made a mistake at work.*

**2. Initial thought.**

*I feel like a failure. If people knew the real me, they wouldn't like me.*

**3. Negative thinking.**

*This is self-labeling and disqualifying the positives.*

**4. Source of negative belief.**

*I can hear the voice of my parent saying that I'm a failure and that I'll never amount to anything.*

**5. Challenge your thinking.**

*I'm hard on myself. I've had some successes. I don't always succeed, but I do sometimes. People have complimented me on my work. It's when I try to be perfect that I feel overwhelmed and disappointed in myself.*

**6. Consider the consequences.**

*I'm damaging my self-esteem. My negativity will affect my relationships and possibly my health. I'll become exhausted.*

**7. Alternative thinking.**

*I don't have to succeed at everything. Making a mistake doesn't mean that I fail at everything. I want to get rid of this negative thinking. I'm being hard on myself.*

**8. Positive belief and affirmation.**

*I am successful in many ways.*

**9. Action plan.**

*I'm going to celebrate my victories, and focus on the positives. The next time I make a mistake, I won't dwell on the negatives and waste my energy. Instead I'll focus on what I can learn from my mistake.*

**10. Improvement.**

*I feel more optimistic.*