

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.