MENTAL re-frames

Looking at the 'mind traps' suggest mental reframes you could use to try to overcome them. Add more than one if you can think of a few!

'MIND TRAP' EXAMPLE	MENTAL REFRAME
I got that question wrong, I'm not smart!	I tried my best and I can try again next time.
It was just good luck that I scored that goal.	
It's out of my control.	
I can't do it.	
I'm always wrong.	
I'm not going to like it.	
I never get invited to things.	
Maths is just too hard for me.	
I'm never going to get better at this.	
I don't want to learn that.	