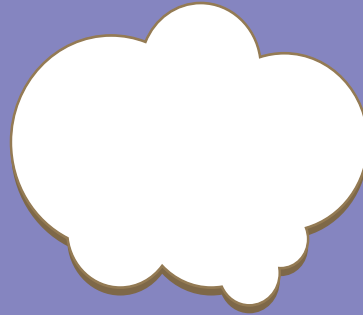



# Bully bursting

**EVENT**



**UNHELPFUL BELIEF**



**HELPFUL BELIEF**

**EVIDENCE**

Why might they be bullying me?

What else could be true?

What would I say to a friend who is being bullied?

Who likes me, loves me, cares for me?

What am I good at?



**HELPFUL ACTIONS**

What skills can I use?

What can I do to help me feel OK?

