



BULLY BURSTING

Event	
Unhelpful 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 belief	
Helpful actions	
What skills can I use?	
What can I do to help me feel OK?	