

**Instead of 'I always fail', try 'I'm learning and improving each time.'**

**Instead of 'Nobody cares about me', try 'Some people do care, and I can reach out.'**

**Instead of 'I can't handle this', try 'I can take this one step at a time.'**

**Instead of 'Everything goes wrong', try 'Not everything is bad — there are small wins.'**

**Instead of 'I'm weak for feeling anxious', try 'I'm human, and anxiety is something I can work through.'**

**Instead of 'It's too late to change', try 'It's never too late to take one small positive step.'**

**Instead of 'I ruin everything', try 'I sometimes make mistakes, like everyone, and I can repair them.'**

**Instead of 'I'll never get better', try 'Recovery is not linear, but progress is possible.'**