

Negative Thoughts	Positive Reminders
I give up, this is too hard, I'm not a runner!	This is difficult, but I'm going to keep trying
I can't get my pacing right, no matter how hard I try!	I haven't figured it out yet, but I'll keep working at it until I do

### Some ways to challenge negative thoughts.

What is a more helpful thought? What is another possibility? What would people who care about me say? What is the worst that could happen? If my friend had this thought, what would I tell them? Can I be 100% sure this is true? If the worst really did happen, what could I do to deal with it?