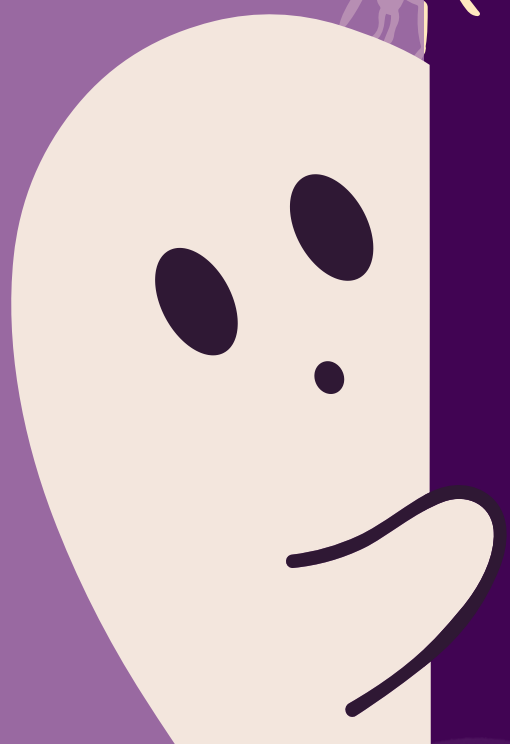
5 TRICKS OUR MIND PLAYS ON US

this Halloween

→ Telling us that we can mindread and that we know what people think of us, like thinking your friends are annoyed, when you've got no proof!

→ Stopping us from seeing the positives. We might remember one awkward moment out of an otherwise great day.



→ Telling us that we can predict the future. You don't know you'll fail an exam before you've even sat it.

→ Telling us that everyone notices our mistakes and awkward moments. Most people are focused on themselves!

→ Making us catastrophise. One message being left on delivered doesn't mean a friendship is over.

YPAS
Young Person's Advisory Service