



29

Days
to
Div a

THE WORKSHEETS

The bully in our head

29 Days to Diva | #29DTD | Day 16

LET'S DEAL WITH THE BULLYING IN OUR HEAD BY CHANGING IRRATIONAL THOUGHTS TO RATIONAL THOUGHTS.

I'm bad at singing!

I didn't sing that the way I wanted to but I can fix it.

This is awful

This situation is disappointing.

Things are always going wrong.

Sometimes things do not go the way I planned.

I should be better than this.

I wish I did better, but I tried my best and I'm getting better.

I am a failure.

Sometimes I fail and sometimes I win.

I don't know *how* to sing.

I am constantly learning more about my instrument, my technique, and music.

I can't do this!

I am up to this challenge regardless of the outcome.

Everybody thinks I'm worthless.

Is this a rational, objective thought? How can I deal with this fear?