

Cognitive Restructuring Practice

Name _____ Age _____ Date _____

List the negative lies your mind says about you?

1.

Counter that with a positive thought. What is the truth?

2.

What is the truth?

3.

What is the truth?

4.

What is the truth?

5.

What is the truth?

Now every time your mind tries to lie to you, call it a liar and tell it the truth.
Tell yourself that you are a good person and that you won't listen to lies anymore.