



Positive Thought Replacement

On the left, write down as many automatic COVID 19 negative thoughts that come into your mind. When finished, take the time to CHALLENGE every COVID 19 negative thought by finding a positive, truthful replacement and write it on the right side.

This activity should take time and not be rushed. The current situations will have a big and emotional impact on everyone and to try and find the positives. It will not come naturally or easily, that's why it's a challenge.

Automatic NEGATIVE Thoughts	POSITIVE Thought Replacement
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

The power of positive thinking.

The purpose of this activity is to raise awareness of our inner voice, emotions and the way it impacts on our thought process. It's good to practice finding positives where we can, even in really difficult and challenging situations. This will also help you to get in touch with the things your telling yourself. Changing the way you think will impact how you feel.