

DEALING WITH NEGATIVE THOUGHTS

Use this worksheet to help you deal with negative thoughts. It is designed to break down the negative thought, find possible solutions and/or replace it with positive thoughts.

Describe the negative thought & the situation surrounding it:

Why do you think you are having this thought?

List 3 Affirmations to replace the negative thought

What ACTION steps can you take to deal with this negative thought?

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Shift your focus to good and positive things and you will create more of it in your life

When you are dealing with negative thoughts it is a perfect time to practice gratitude! List 3 things you are grateful for and focus on them next time the negative thought pops in your head.

Describe your plan for when negative thoughts occur: