



Mind-Filtering Worksheet

How to challenge "Mind-filtering" thoughts?

- Raise your self-awareness, and start spotting the negative thoughts.
- Weigh the pros and cons of these thoughts. Ask yourself how this thought can help or hurt me.
- Learn to spot the positives by adjusting your filter to let them pass through.
- Reframe the thought by trying to see a different narrative to it, like if someone unusually said something that annoyed you, don't jump to the conclusion that they meant to hurt you, think is it possible that they are having a bad day and didn't mean to say it this way!

In the table bellow, write a negative thought you have spotted in a certain situation, then try to write 2-3 positives in the same situation of that you have dismissed!

Negative Thought

Disregarded Positives

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