

Negative Thought Stopping Worksheet

Summary

Through identification of negative self talk, a mind clouded with negativity can be trained to view life more objectively, and positively. Use the Negative Self Talk Worksheet to record each negative thought you have about yourself for an entire day, along with how each thought made you feel. Include the trigger - where you were, or what you were doing when you had the negative thought.

Immediately challenge each thought by identifying why that thought might not be true. Armed with this evidence, record an alternative thought, say it aloud, and write down how it made you feel.

Trigger	Negative Thought	Associated Emotion When Saying Thought Aloud	Evidence That Does Not Support The Thought	Alternative Thought	Associated Emotion When Saying Thought Aloud

Whenever you feel yourself sinking into a negative self talk mode, identify each negative thought and replace it with a positive one right away. Continue to repeat the new thought to yourself or aloud until you begin to feel better.