

CHALLENGE YOUR NEGATIVE THOUGHTS

Need some help taming a negative thought? Use this worksheet and the questions listed below to analyze a specific thought and address your feelings and concerns.

1. What negative thought would you like to focus on today?

Examples might relate to jumping to conclusions, overgeneralizing, or dealing with an unexpected situation.

2. Describe your thought in further detail.

Example: I will never get this promotion because nothing good ever happens to me.

3. How does this thought make you feel?

Examples might include angry, anxious, confused, hurt, hopeless, lonely, vulnerable, or worried.

4. On a scale of 1 to 10, rate how strong these feelings currently are.

1

2

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6

7

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10

5. Explain what facts support these feelings in relation to your thought.

Example: There are other candidates who are more qualified and I wasn't selected for the last promotion either.

6. Now, explain the reasons why these facts may not be true.

Example: My boss understands and appreciates my skills and dedication to my job. The last time I applied for a promotion I didn't have the experience I do now.

7. Create an alternate, positive thought instead.

Example: I did the best I could and I trust that the right person will be chosen for this position.

8. Now that you've analyzed the situation, have your feelings about this thought changed?

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Did this exercise help?

Sometimes, adverse situations and feelings can't be avoided. But as you train to develop new productive thinking habits, you can minimize negative feelings and maximize positive feelings when faced with adverse situations.

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