

# Positive Thought Replacement Worksheet

Begin this activity in a quiet place. On the left, write down as many automatic negative thoughts that come into your mind. When finished, take the time to challenge every negative thought by finding a positive, truthful replacement and then write it on the right side. This activity takes time and cannot be rushed. Try to set aside at least 20 minutes for each session.

\*The purpose of this activity is to help you get into the habit of finding the positive in all things. It also helps you get in touch with the things you are telling yourself. Remember, by changing your thoughts, you will change the way you feel. Be patient with yourself and do your best. Repeat as often as you can to help develop a more positive outlook on life.

## Automatic Negative Thoughts

## Positive Thought Replacement

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10. \_\_\_\_\_

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