

# Awareness of Negative Thoughts

It's easy to get caught up in a pattern of negative thinking but this cycle then affects our outlook and how we interact with others. Use this worksheet to gain awareness of your thought patterns.

	<i>Thought One</i>	<i>Thought Two</i>	<i>Thought Three</i>
<b>What were you doing at the time of the thought?</b>			
<b>What were your other thoughts at the time?</b>			
<b>How much did you believe the negative thought on a scale of 1-5?</b>			
<b>How did it make you feel?</b>			
<b>What evidence do you have that this thought is true?</b>			
<b>What healthy thought can you replace this negative one with?</b>			