

NEGATIVE SELF-TALK WORKSHEET

MY LIMITING BELIEF:

WHY DO I THINK THIS?

IS IT REASONABLE TO THINK THIS? COULD I BE WRONG?

WOULD I THINK THIS ABOUT SOMEONE ELSE IN MY SITUATION?

WHY SHOULD I ACT OR FEEL LIKE THIS IF IT ISN'T TRUE?

WHAT POSITIVE AFFIRMATIONS CAN YOU SAY WHEN NEGATIVE THOUGHTS COME UP?