



Positive Replacement Thoughts Worksheet

Worksheet

Taking back control of our thoughts allows us to change how we feel, so that we can improve our mood. Becoming more aware of our self-critical or negative thoughts is the first step in building that self-awareness.

This worksheet is designed to help you identify the positive in events and people, then make a habit out of doing so.

Instructions

Write any Automatic Negative Thoughts that you can think of in the left column.

Next, consider each in turn and see if you can challenge it with a Positive Replacement Thought in the right-hand column.

This exercise has no time limit. To get better at finding the positive in situations and people, you may want to set aside some quiet time each day or week to turn some Automatic Negative Thoughts into Positive Replacement Thoughts.

	Automatic Negative Thought	Positive Replacement Thought
1		
2		
3		
4		
5		

	Automatic Negative Thought	Positive Replacement Thought
6		
7		
8		
9		
10		