

## **Negative Thoughts:**

List all negative thoughts you have on a daily basis:

\*TIP- keep this sheet with you throughout the day to write thoughts that come to you\*

- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.
- 

### **How can you change the above negative thoughts to positive thoughts?**

Example: I can't write a blog, I don't have anything new to say. FLIP THIS THOUGHT: I absolutely can write a blog and I do have something to say. My voice is original and nobody can write content like I can.

Follow me at [www.theanxietydiva.com](http://www.theanxietydiva.com) for more mental health thoughts.

