

# RESOLVING NEGATIVE THOUGHTS WORKSHEET

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**Purpose:** When we have a negative perception of ourselves, that negativity can cloud our emotional outlook on life. As a result, we may develop a belief about ourselves that isn't necessarily true.

The goal of this worksheet is to identify and challenge negative thoughts while seeking out more objective alternatives. Document a particular thought you have about yourself and how it makes you feel. Afterwards, challenge it with evidence that proves it isn't true and form an alternate thought. Finally, write the new corresponding emotion you feel.

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**Scenario:** I was rejected by someone I like.

**Negative Thought:** I think I am rejected because I am unattractive.

**Corresponding Emotion:** Sadness.

**Evidence That Disproves Thought:** I've been in relationships before. So, clearly, some people find me attractive.

**Alternate Thought:** Rejection is a natural part of dating and doesn't mean I am unworthy or unattractive.

**Corresponding Emotion:** Joy.

**Scenario:**

**Negative Thought:**

**Corresponding Emotion:**

**Evidence That Disproves Thought:**

**Alternate Thought:**

**Corresponding Emotion:**

**Scenario:**

**Negative Thought:**

**Corresponding Emotion:**

**Evidence That Disproves Thought:**

**Alternate Thought:**

**Corresponding Emotion:**

**Scenario:**

**Negative Thought:**

**Corresponding Emotion:**

**Evidence That Disproves Thought:**

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