


Talk Back to Negative Thoughts










Negative thoughts are what you say to yourself when you're feeling sad, angry, anxious, or scared. If negative thinking becomes a habit, it can be very hard to stop. Here are 3 ways you can talk back to your negative thoughts. Write a negative thought in the space below, then choose which way you want to respond.

 _____

ONE NEGATIVE THOUGHT I HAVE IS


Example: *I can't do anything I used to*

HOW WILL YOU TALK BACK?

				
REFRAME IT	OR	CHALLENGE IT	OR	CONSIDER IT
<p>CAN I THINK ABOUT THIS DIFFERENTLY?</p> <p></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Example: <i>Maybe I can find a new hobby that's a better fit</i></p>		<p>IS THIS REALLY TRUE?</p> <p></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Example: <i>There are still many things I can do</i></p>		<p>WHAT WOULD YOU SAY TO A FRIEND?</p> <p></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Example: <i>You can always call on a friend for help</i></p>
				

DID IT HELP?

YES. Great! Glad it helped! **NO.** Why don't you give it another try?
Or, talk to your health care team for help.

 Try each way to talk back to negative thoughts to find which one works best for you.