

Stopping Negative Thinking Worksheet

Review case study: A man or teenage boy planned to go to a movie Friday night and wanted to see a new suspense thriller. But his girlfriend said she didn't want to go to that movie because it was too scary. See examples below of:

- A situation/trigger for negative thinking
- A negative thought from the case study.
- A neutral and a positive thought from the case study.

Situation/Trigger	Negative Thought	Neutral Thought	Positive Thought
I can't go to the movie I want to see. It makes me feel angry, frustrated, and I feel unappreciated.	I'm the one who works hard, so I deserve to do what I want. She can't control me.	Maybe we can come up with a compromise. We'll talk about it again later.	I'm glad she trusts me enough to tell me how she feels. I don't want her to be scared.

His girlfriend prepared his favorite meal after work on Friday. They still had to decide which movie to go to.

Situation/Trigger	Negative Thought	Neutral Thought	Positive Thought
She is trying to make me feel better by giving me my favorite food. It is comforting.	She can't manipulate me that easily. I still deserve to do what I want to do tonight.	The movie is not important enough to argue about. We can be flexible and find a solution somehow.	I like spending time with her. This is a good chance to be together. We can watch a movie we both like.
What triggers your negative thinking?			

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Discussion: What is negative thinking? How does it affect you?

How can you have less negative thinking and more positive thinking?

What positive words are the most important to you? Why?

Practice Thought Stopping Techniques:

For repetitive or automatic negative thoughts, you can use this thought stopping technique.

Ask yourself, “Is there anything I can do now to fix the problem or make it better?” If the answer is “yes”, either get up and do what needs to be done, or write a note to remind yourself of what you need to do in the morning.

If the answer is “no”, there is nothing that can be done because it is over and done with. You have the power to stop them. Tell them “no”, either silently, or out loud. Then, fill your mind with positive thoughts, so you can relax and go to sleep.

Use Coping Statements that you have found helpful.

Write down your plan for changing your negative thinking:

Modified from Richards, T. (2008). Coping statements for anxiety. Retrieved from Anxiety Network International website at <http://www.anxietynetwork.com/helpcope.html>