Overcoming Negative Thoughts

Write down the negative thoughts you have about yourself on the first half of the page. As you write your thoughts, use the second person or "you" statements.

After you have written your negative thoughts down, come back to each of the thoughts and try to answer them positively. Practice self-compassion in your answers, as you respond to your self-attacks rationally and realistically.

Negative Thoughts	Compassionate Responses
Example: "You're so stupid."	Example: "Sometimes I struggle with work, but I catch on quickly and do a good job."