

# Strategies to Overcome Negative Actions

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Pick the negative thought!

How distressing  
is this thought?

What triggered  
the negative thought?

How did the negative thought  
make you feel or act?

What evidence is there  
that the thought is true?

What evidence is there that  
the thought is false?

What would you say to a friend  
in the same position?

Rewrite your original thoughts  
of kindness, understanding, and truth

How does this new thought  
make me feel?