

Negative Thinking Worksheet

One of the key aspects of becoming a positive thinker is learning to recognize your negative thoughts. This isn't easy, and takes training, which is why you should regularly use this worksheet.

Situation	Your Automatic Thoughts	New Way of Thinking
e.g. job interview	<p><i>“There’s no point going as I won’t get the job anyway. I’ll probably say something stupid in the interview, and there will be many better applicants than me”</i></p>	<ul style="list-style-type: none"> • <i>If they asked me for an interview then they see something good in me.</i> • <i>Everyone is nervous in job interviews, if I say something silly it doesn’t matter.</i> • <i>If I don’t get the job it’s not the end of the world and it’s good experience.</i> • <i>Plus there’s a good chance I <u>will</u> get the job!</i>