

This worksheet is intended for you to capture the negative thought you had and what you replaced it with. The act of writing it down will hold you accountable while also getting you into the habit of doing this exercise. Eventually you will notice it immediately and can do it in your mind instantly. Until then, capture this on paper as a way to help it "stick."

Also, if it is easier to transfer this to a notebook or journal, do that. This one-page worksheet is intended to provide you with a format and a starting point.

Date: \_\_\_\_\_ How many thoughts do I think I caught and flipped? \_\_\_\_\_

Negative thought: \_\_\_\_\_

Positive thought: \_\_\_\_\_