

Negative to Positive Thoughts

Worksheet

Taking control of your thoughts can transform how you feel and improve your mood. Building self-awareness starts with recognizing self-critical or negative thoughts.

This worksheet helps you shift focus by identifying the positive in events and people, turning it into a daily habit.

There's no time limit for this worksheet. Strengthen your ability to find a positive outlook by dedicating some quiet time each day or week to turn ANTs into empowering thoughts.

INSTRUCTIONS

- ① Write your Automatic Negative Thoughts (ANTs) in the left column.
- ② Challenge each thought by replacing it with a Positive Thought in the right column.

	Automatic Negative Thought	Positive Thought
	I'm no good at this.	With practice, I'll get better at this.
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		