

# DEALING WITH NEGATIVE THOUGHTS

➡ Write down the **thought** you're noticing. ⬅

"I won't be able to stick with this."

➡ Write out your thought again, but include, ⬅  
**"I'm having the thought that..."** in front of it.

"I'm having the thought that...I won't be able to stick with this."

➡ Write out your thought again, but include, ⬅  
**"I am noticing I'm having the thought that..."** in front of it.

"I am noticing I'm having the thought that...I won't be able to stick with this."



**TELL YOURSELF: THIS THOUGHT IS JUST  
A THOUGHT, IT'S NOT REALITY**

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Fill this page  
in yourself!

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**"I'm having the thought that..."** in front of it.

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