

## Discover your Negative Thought Patterns

A thought record will help you keep track of your negative thoughts throughout your day. Whenever a negative thought comes up make sure to record it here. Make an effort to shift your thinking into a positive one and record what happens or changes. For the next week capture your negative thoughts to gain a better understanding of what you are telling yourself.

| What are you telling yourself? | Where is the thought coming from? (Trigger) | How is this thought impacting me. | What is untrue about this thought? | How will I shift my thinking to reframe how I see myself or my situation? |
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