Instructions: It would be helpful (but not required) to do the Negative Stress Cycle worksheet first, and if you have done it already then use that stressor/worry for this worksheet. If not, just pick a stressor/worry for this one.

** Remember that “automatic thoughts” = worries in this example.

Stressor: __________________________________________________________

____________________________________________________________________

Original Automatic Thoughts / Worries: __________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

New Positive Self-Talk: ________________________________________________

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** Now practice the positive self-talk as much as you can. It’s okay to be skeptical of this process. Think of it as an experiment to see if it will work for you. It may take some time, but don’t give up!