

Changing Negative Thoughts

Thought Awareness Worksheet

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Becoming aware of your thoughts, thinking rationally about life situations, and positive thinking are three powerful tools that will help you live a life you love and reach your dreams and goals.

These tools will help ***eliminate harmful thought patterns*** which damage your self-confidence and self-esteem, decrease your energy levels, diminish your natural motivation and sabotage your success.

Negative thinking is damaging to yourself and can cause stress or tension headaches, make you feel ill in the stomach, bring on an anxiety attack, or stop you from speaking your truth, and so on.

Negative thoughts have been found to criticise your actions, put yourself or others down, expect failure, doubt your abilities, fear success, hinder your motivation, increase worries about the past or the future, and so on.

Negative thoughts can stop you from reaching your goals, and living a life you love!

Thought are similar to a broken record and often play without our awareness repeatedly in our minds. These thought patterns come from our childhood or past experiences. They affect the way you think, feel and behave.

In order to effectively change negative thinking you first have to become aware of your thoughts. You can't really change what you don't know. So, tune into your 'thought' (radio) station and listen. Observe the negative thoughts and ***change the station*** to a more positive one.



Step 1: Thought Awareness

As discussed above, it's important to become aware of the thought patterns running through your mind. Here are some ideas to assist you with becoming more intimately aware of your thoughts:

- Observe your thoughts at a specific time each day. Allow your thoughts to flow as they usually would – observe them as if you were watching a movie. It is important at this stage NOT to stop them..... just watch them.
- Write down all your thoughts for 5 minutes. Keep writing any thoughts that come in your mind during these five minutes.
- Write down your thoughts when you are feeling stressed, feeling anxious or frustrated.
- Keep a thought journal and write in it randomly throughout the day.
- Take notice of the difference between how negative thoughts make you feel, and how positive thoughts feel in your body.

Examples of common negative thoughts are:

- I can't do that.
- What will they think of me?
- Why me?
- I wish I hadn't done that – I did it all wrong.
- What if.....
- Why didn't I....
- I wish I could do that better.
- What's wrong with me?
- I should have...
- I'll never succeed.
- I'm not worthy.
- They're not good enough.
- I hate them.
- I'll never succeed.
- I'm not worthy of unconditional love.
- The world is such an ugly place.

Step 2: Thinking About Thoughts

Once you've identified some of your thoughts and thought patterns you can explore them more deeply into how they affect your life.

What are your thoughts telling you about your life?

How are your thoughts affecting your behaviour?

How do your thoughts makes you feel? Take a look at all the thoughts you've identified and choose 5 different individual thoughts or patterns. Try to recall how they make you feel inside.

Write down 5 thoughts that would make you feel successful.

Step 3: Investigating Negative Thinking

It's time to look at your negative thought patterns:

Write down any re-occurring negative thought patterns.

Are they relevant to a worry or concern you have?

How do they affect your stress levels?

Are they thought patterns you learned during childhood? Describe how or why.

How do these negative thought patterns hinder you from achieving the success you desire?

What benefits or rewards would you get from changing them?

Are they relevant to your current life situation? How? Why?

What was the situation or event that first started these negative thoughts? How do you feel about that situation or event now?

Step 4: Transforming Thoughts

Now it's time to focus and change your negative thought patterns to positive ones. This will generate positive and uplifting changes in your life.

Every time you notice a negative thought in your mind speak directly to it and say STOP. It may be a worried thought about the future or an irrational one that makes you feel anxious and stress. Whatever the negative thought is reason with it and tell it that you don't want to think that way any more.

I treat negative thinking as a young child who is saying something silly. I laugh, shake my head and say, "now that's not really true"..... and then replace the negative thought with something positive, "I believe in myself and CAN do this!"

Every successful person in the world uses positive thinking to achieve their goals. In some form or other they are repeating a very powerful thought in their mind which give them the success they desire.

Choose a goal you believe is worth working towards. Catch any thoughts that are not aligned towards that goal and change it to something more empowering and positive. Change your thoughts, positively change your life.

Some positive thoughts you might like to use:

I can achieve my goals by following certain steps.

I am willing to change and grow.

I am completely myself, and people like me for who I am.

I am in control of my life. My actions create my reality.

I learn from my mistakes. They give me insights into valuable lessons.

I love myself, just the way I am.

I am worthy and will try my best to accomplish my goals.

I am successful at everything I do!

I am worthy of respect and unconditional love.

I deserve the best in life.

Thought Transformation in Action

Negative Thought	Positive Thought