Stinking Thinking Worksheet

PART I: IDENTIFYING NEGATIVE THOUGHTS

Instructions: Take a moment to reflect on your thoughts and emotions. Identify any recurring negative thoughts or beliefs that may be causing distress or self-doubt. Write down three (3) negative thoughts you identify in the space provided.

Three negative thoughts

PART II: EXAMINING EVIDENCE

Instructions: For each negative thought listed, consider the evidence both supporting and contradicting that thought. Write down specific examples or instances that validate or challenge each negative thought.

1.1. Negative Thought: _____

1.2. Evidence Supporting Thought:

1.3. Evidence Against Thought:

2.1. Negative Thought: _____

2.2. Evidence Supporting Thought:

2.3. Evidence Against Thought:

3.1. Negative Thought: _____

3.2. Evidence Supporting Thought:

3.3. Evidence Against Thought:

PART III: CHALLENGE THOUGHTS

Instructions: For each negative thought, challenge its validity by asking yourself thought-provoking questions. Write down your responses to each challenge question to provide alternative perspectives or insights.

1.1. Negative Thought: _____

1.2. Challenge:

2.1. Negative Thought: _____

2.2. Challenge:

3.1. Negative Thought: _____

3.2. Challenge:

PART IV: REFRAMING THOUGHTS

Instructions: Based on the challenges posed by each negative thought, reframe them into more balanced and constructive perspectives. Write down the reframed thoughts, focusing on empowering and affirming statements.

1.1. Negative Thought: _____

1.2. Reframe:

2.1. Negative Thought: _____

2.2. Reframe:

3.1. Negative Thought: _____

3.2. Reframe:

Reflections: