

Mind Traps: Get Yourself Out of Trouble

Negative Thought: I'm so stupid.

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: I'm so lazy.

Negative Feelings: _____

Balancing Positive Thought: _____



Time for a few of your own. Think about the kind of traps that you fall into and write down the thoughts and feelings that you experience. Next, try to identify some more helpful thoughts to fill in those holes.

Negative Thought: _____

Negative Feelings: _____

Balancing Positive Thought: _____



Negative Thought: _____

Negative Feelings: _____

Balancing Positive Thought: _____



Be prepared to share one of your challenges and solutions next session.

