

REFRAMING NEGATIVE THOUGHTS

AUTOMATIC NEGATIVE THOUGHT

POSITIVE REPLACEMENT THOUGHT

Blank space for writing an automatic negative thought.

Blank space for writing a positive replacement thought.

Blank space for writing an automatic negative thought.

Blank space for writing a positive replacement thought.

Blank space for writing an automatic negative thought.

Blank space for writing a positive replacement thought.

Blank space for writing an automatic negative thought.

Blank space for writing a positive replacement thought.

Blank space for writing an automatic negative thought.

Blank space for writing a positive replacement thought.