



# Fight Back

## Fight the Negative Thoughts

1<sup>st</sup> Negative Thought \_\_\_\_\_

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Counter Thought 1 \_\_\_\_\_

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Counter Thought 2 \_\_\_\_\_

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Counter Thought 3 \_\_\_\_\_

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2<sup>nd</sup> Negative Thought \_\_\_\_\_

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Counter Thought 1 \_\_\_\_\_

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Counter Thought 2 \_\_\_\_\_

\_\_\_\_\_

Counter Thought 3 \_\_\_\_\_

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3<sup>rd</sup> Negative Thought \_\_\_\_\_

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Counter Thought 1 \_\_\_\_\_

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Counter Thought 2 \_\_\_\_\_

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Counter Thought 3 \_\_\_\_\_

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Now, arm yourself with these positive counter thoughts. Anytime the negative thoughts pop up, tell them to “Stop!” and repeat the counter thoughts to yourself.

It may feel silly at first, but keep at it and before long you will be able to replace those negative thoughts with more balanced ones.