



Thought Replacement Worksheet

REPLACING NEGATIVE THOUGHTS WITH HELPFUL ONES

1. Describe a situation in the family or with your child in which you felt upset.

2. Identify the feeling and rate its intensity using the feeling thermometer.

3. Identify the thought or thoughts that preceded or were associated with the feeling:

4. Select the thought distortions that might be contributing to your feeling:

All or Nothing

Assuming the Worst

Negative Filter

Taking It Personally

Should Statements

Labeling

5. Use the Positive Thought Replacement Handout or your own imagination to identify a replacement thought that is more balanced and helpful. Remember it for next time!
