



Larry's 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.

Answer: He doesn't come home on time or call me when he'll be late.

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

Answer: Red, at least a 90 I'd say

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

Answer: Because he doesn't call, he must not have any respect for me.

4. Select the thought distortions that might be contributing to your feeling(: see Larry's answers)

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!

Answer: He might not call because he's just not thinking about me being worried when he's having fun with his friends. He's still learning how to think about other people too. Maybe it's really not all about me!
