

Helpful Thinking Worksheet



How we think about ourselves and the things that have happened to us shape how we feel and behave. Although you cannot change what has happened, you can change your thoughts in ways that help you feel more hopeful and less overwhelmed. By focusing on helpful thoughts rather than upsetting ones, you can improve your mood and cope more effectively.

1. Identify Unhelpful Thoughts

Write a brief description of the situation you are in when the unhelpful thoughts come up.

Thoughts: _____

Feelings: _____

2. Identify Helpful Thoughts

Ask yourself, "What would be more helpful thoughts?"

New Thoughts: _____

New Feelings: _____

3. Practice the Helpful Thoughts

Decide how you will practice focusing on new, helpful thoughts. For example, try imagining the situation you described above, and practice saying the helpful thoughts out loud. Set aside some time daily to practice focusing on helpful thoughts.