

# Stinking Thinking Worksheet

## Part I: Identifying negative thoughts

**Instructions:** Take a moment to reflect on your thoughts and emotions. Identify any recurring negative thoughts or beliefs that may be causing distress or self-doubt. Write down three (3) negative thoughts you identify in the space provided.

1.

2.

3.

## Part II: Examining Evidence

**Instructions:** For each negative thought listed, consider the evidence both supporting and contradicting that thought. Write down specific examples or instances that validate or challenge each negative thought.

### Example:

- Negative Thought: "I always mess things up. I'm such a failure."
- Supporting Evidence: "Remembering a time when you made a mistake at work and it caused a problem for your team."
- Challenging Evidence: "Reflecting on a different occasion when you faced a similar challenge and found a solution that worked well, showing that you're capable of learning from mistakes."

### 1. Negative Thought:

Evidence Supporting Thought:

Evidence Against Thought:

### 2. Negative Thought:

Evidence Supporting Thought:

Evidence Against Thought:

**3. Negative Thought:**

Evidence Supporting Thought:

Evidence Against Thought:

**Part III: Challenge Thoughts**

**Instructions:** For each negative thought, challenge its validity by asking yourself thought-provoking questions. Write down your responses to each challenge question to provide alternative perspectives or insights.

**Example:**

- Negative Thought: "I always mess things up. I'm such a failure."
- Challenge: Is it fair to judge myself based on past mistakes? Am I allowing room for growth and improvement?

**1. Negative Thought:**

Challenge:

**2. Negative Thought:**

Challenge:

**3. Negative Thought:**

Challenge:

## Part IV: Reframing Thoughts

**Instructions:**Based on the challenges posed by each negative thought, reframe them into more balanced and constructive perspectives. Write down the reframed thoughts, focusing on empowering and affirming statements.

**Example:**

- Negative Thought: "I always mess things up. I'm such a failure."
- Reframe: "I've made mistakes in the past, but I'm learning and growing from them. I have the ability to succeed."

**1. Negative Thought:**

Reframe:

**2. Negative Thought:**

Reframe:

**3. Negative Thought:**

Reframe:

## Reflections