

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