

NEGATIVITY

STOP THE NEGATIVE SELF-TALK

*A workbook designed to help you improve
the way you see your life*

Change Your Focus

Start bringing awareness to the positive things in your life. It's easy to get lost in negativity and not even notice the positive things, but they exist. And with intention, we can change our focus and slowly begin to see our life in a more positive way. As with any sort of training, the more we practice, the better we get. And yes, we can practice being positive.

WHO I AM

The easiest way to begin is to be positive when it comes to who you are. What do you love about yourself? What do you love about your body and personality? Write your favorite attributes in the grid below. It's completely normal if you don't like everything about yourself, but you can choose to focus on your positive attributes. We all have positive attributes and you are no exception. It's up to you to remember yours every day and fall in love with your positive side.

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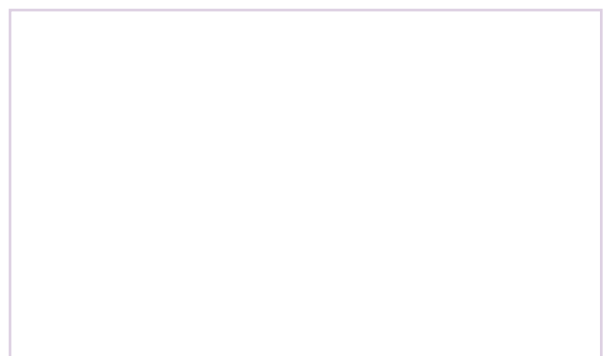
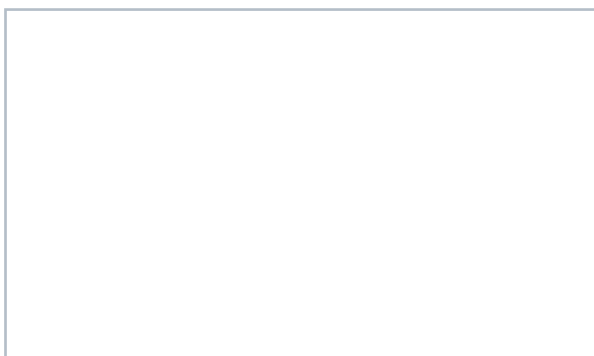
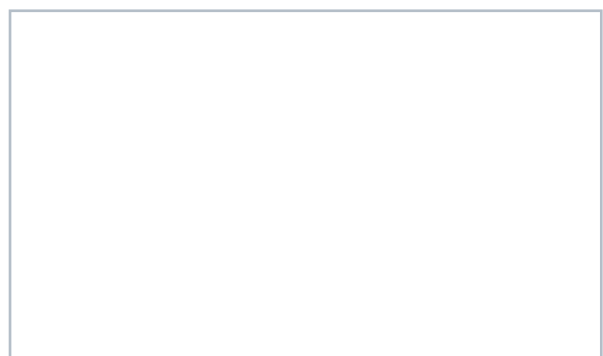
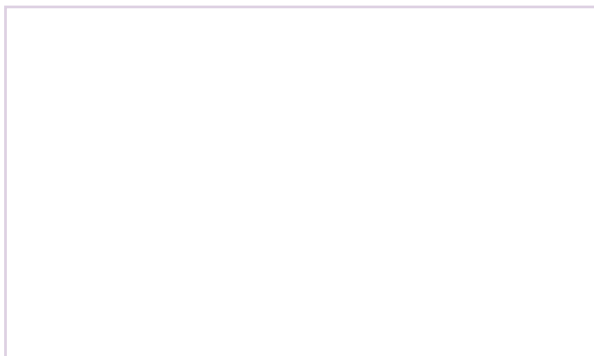
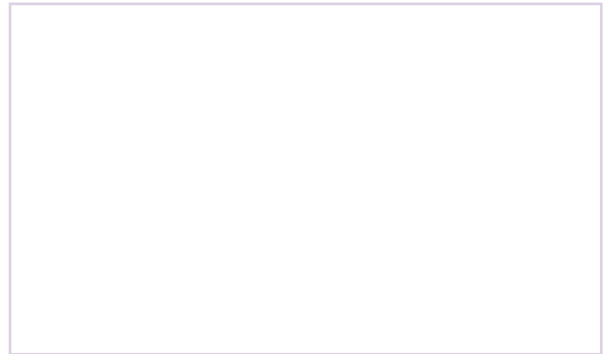
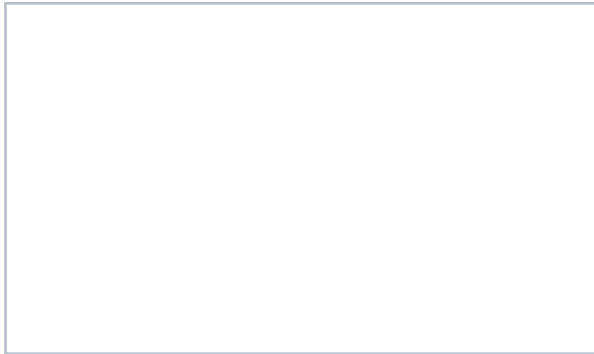
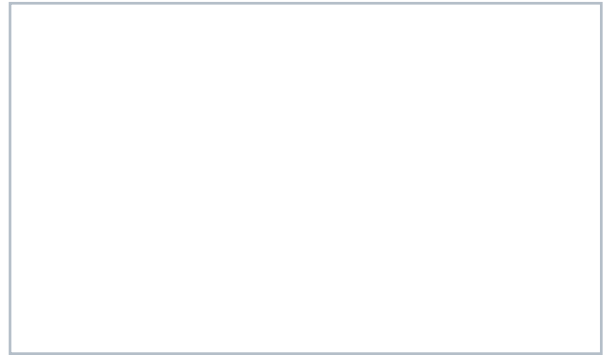
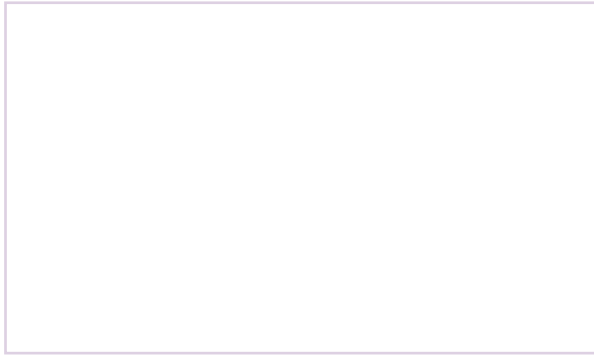
COMPLIMENTS

Our brain tends to remember negative events more and, in more detail, than positive ones. That's why we need to push ourselves to remember positive things including good feedback from others. It is a great habit to write down in a small notebook all the positive messages we receive from others. You might want to try it. For now, write in the grid below the 6 best compliments you have ever received.

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HAPPY PLACES

It's a fact that where we are influences how we feel. Use that to your advantage. Think of places that make you feel safe, special and energized. Places away from toxic people. Places that make you smile. Write them down and promise to yourself that you will go there more often. Besides improving your mood, going to these places can help you disconnect from the outside world and better connect with yourself.



THINGS I LOVE

What do you love doing? What makes you feel good? Fill in the grid below with activities that feed your soul and see how you can integrate them into your life. If you're not sure about what you love doing try doing lots of different things until you find something that really puts a smile on your face. In that case, write in the grid below possible activities. You will see that when you get lost in these activities your mind is not bombarding you with negative thoughts. They help you change your focus.

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I CHOOSE TO START WITH

GRATITUDE

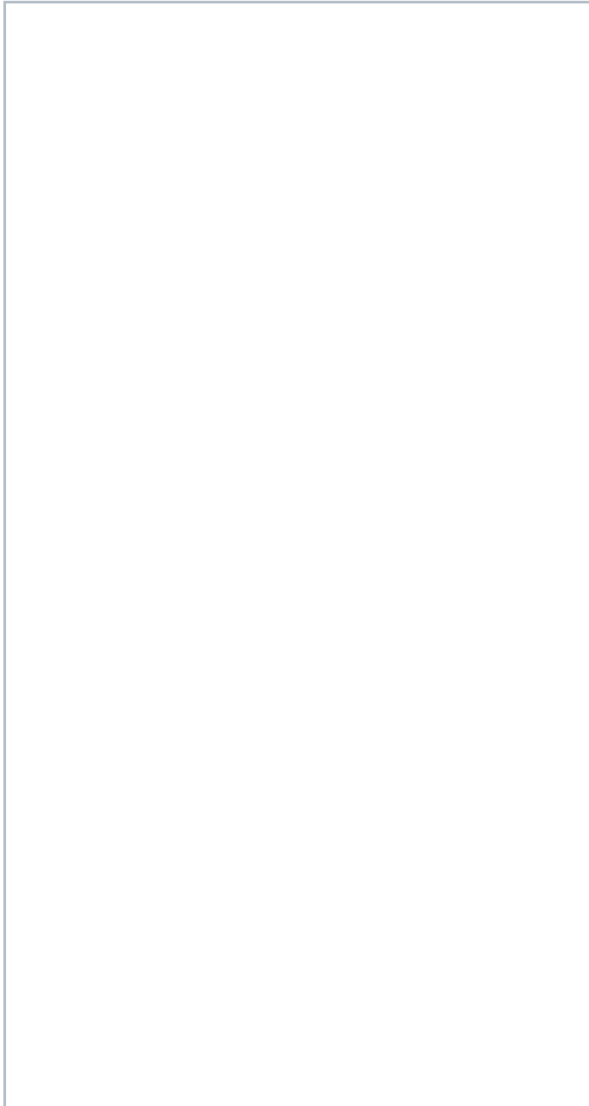
Can you feel grateful and at the same time feel toxic emotions like envy, frustration, resentment, or regret? No, right? That happens because gratitude shifts our focus and therefore how we feel. Write on the grid below all the things and people you are grateful for. Recreate this gratitude grid whenever you need to shift your mind from any kind of negative emotion to a grateful state.

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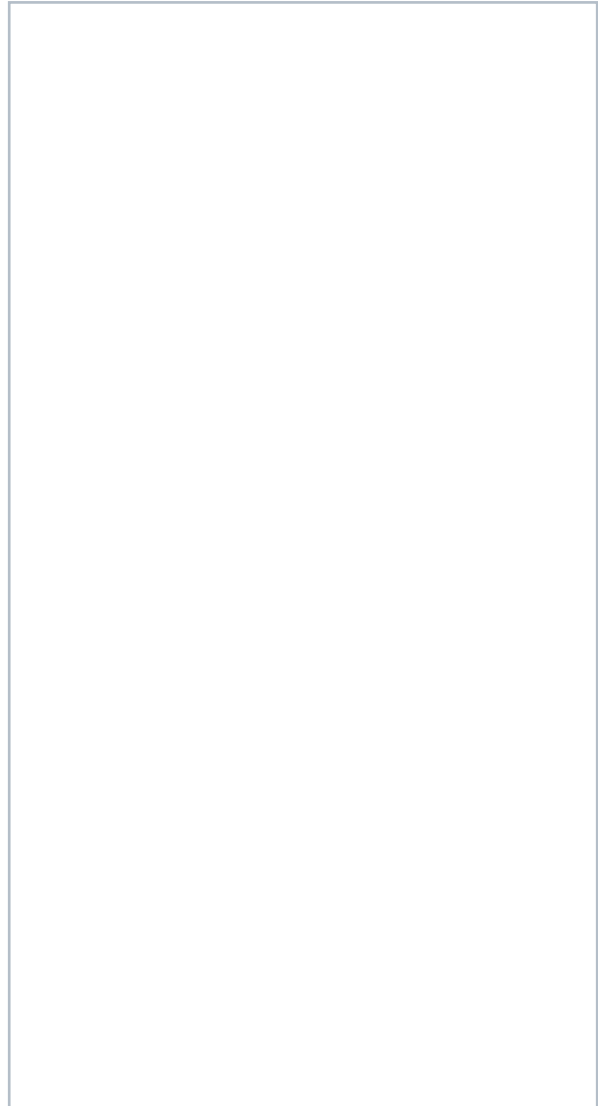
DEAR FUTURE SELF..

Close your eyes and imagine how you would like to feel in the future. Take a few moments to daydream about it. Then, write below what you need to do more and less to get closer to that beautiful version of yourself and choose one thing from each category to start. Focus on simple things like *smile more, hug more, drink less soda and spend less time on social media*.

MORE OF THIS



LESS OF THIS



I CHOOSE TO START WITH



I CHOOSE TO START WITH



Negative Thoughts

We can't prevent negative thoughts from appearing in our heads, but we can make them powerless. We can challenge them and respond to them in a positive way. It's a skill like any other that we can learn. And by mastering this particular skill, you will greatly improve the way you feel.

NEGATIVE THOUGHTS

The first step to reduce the impact of negativity inside our heads is to be aware of our negative thoughts. I challenge you to write down the negative thoughts that appear in your head during a week. Be specific when writing them. Here is an example "*I'm not good enough to get that job position*".

MONDAY'S THOUGHTS

TUESDAY'S THOUGHTS

WEDNESDAY'S THOUGHTS

THURSDAY'S THOUGHTS

FRIDAY'S THOUGHTS

SATURDAY'S THOUGHTS

SUNDAY'S THOUGHTS

CONVERTING MY THOUGHTS

Now that you are aware of the most common negative thoughts inside your head it's time to convert them into positive or at least neutral thoughts. It won't be easy in the beginning, but the more you practice the easier it will be to take control. Regarding the previous example *"I'm not good enough to get that job position"*, here is how you can convert it *"I'm not ready yet, but I'm learning every day and I know it's possible"*.

| THE NEGATIVE THOUGHT | REPLACEMENT THOUGHT |
|----------------------|---------------------|
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CHALLENGING MY THOUGHTS

Another way to make our negative thoughts powerless is to challenge them. By challenging your negative thoughts, you will realize that most of them are not true and just a reaction to something. Answer these questions every time you want to deconstruct a negative thought.

THE NEGATIVE THOUGHT

IS THIS THOUGHT TRUE?

IF YOUR ANSWER WAS YES, HOW DO YOU KNOW IT'S TRUE? WHAT ARE THE FACTS?

HOW DO YOU FEEL AND WHAT DO YOU DO WHEN THIS THOUGHT COMES TO MIND?

HOW WOULD YOU FEEL AND WHAT WOULD YOU DO IF THIS THOUGHT WAS POWERLESS?

Negative Emotions

Sometimes we see ourselves feeling sad, frustrated, anxious and the list of negative emotions goes on. Having negative emotions, it's part of life. We all have them. But even though they are part of life, that doesn't mean we should stay there as if we were in a trap. We can learn from our emotions and intentionally change our mood.

LISTENING TO MY EMOTIONS

We need to listen to our emotions more. They are like biological signals to push us towards beneficial change. Negative emotions are like calls to action. To deny them is to reject many of the feedback mechanisms that help us solve problems. Use this journal when you feel a strong negative emotion and understand the message that emotion is trying to tell you.

THE NEGATIVE EMOTION

WHY ARE YOU FEELING THIS WAY? WHAT CAUSED THIS EMOTION?

IS THIS THE FIRST TIME YOU FEEL THIS WAY FOR THE REASON YOU JUST MENTIONED? IF NO, WHY DO YOU THINK IT KEEPS HAPPENING?

WHAT COULD YOU POSSIBLY CHANGE IN YOUR LIFE TO PREVENT FEELING LIKE THIS AGAIN FOR THE SAME REASON?

MY COPING PLAN

Dealing with negative emotions is not an easy task but having a plan for it helps. It's time to create a plan that will help you shift from a negative to a positive state of mind. Don't worry if you don't know how to cope with your negative emotions in a healthy way, you will find 40 ideas in the following INSPIRATION BOARD. As you can see, on this page there is already a list of negative emotions in the left column. Use the next page if you prefer to create a coping plan for other negative emotions.

| IF I'M FEELING | THEN I'LL |
|----------------|-----------|
| SAD | |
| FRUSTRATED | |
| ANXIOUS | |
| LONELY | |
| ANGRY | |
| INFERIOR | |
| GUILTY | |

MY COPING PLAN

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| IF I'M FEELING | THEN I'LL |
|----------------|-----------|
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INSPIRATION BOARD

| | | | | |
|---------------------------------------|--------------------------------|---------------------------------------|----------------------------------|---------------------------|
| DO SOMETHING YOU LOVED AS A KID | HAVE A HOMEMADE SPA SESSION | GO TO A MUSEUM | BUY YOURSELF FLOWERS | CRAFT SOMETHING |
| GO TO ONE OF YOUR HAPPY PLACES | LOOK AT YOUR GRATITUDE BOARD | DONATE CLOTHES | MEDITATE | INVITE A FRIEND FOR LUNCH |
| WATCH SUNRISE OR SUNSET | GO FOR A WALK AROUND THE BLOCK | COMPLIMENT SOMEONE | WALK IN NATURE | COLOR A MANDALA |
| HUG SOMEONE | WRITE IN A JOURNAL | PRACTICE YOGA | DO YOUR FAVORITE HOBBY | ENJOY A CUP OF TEA |
| GARDENING | STRETCH YOUR BODY | MAKE A GRATITUDE LIST | TAKE A LONG HOT BATH | READ A GOOD BOOK |
| WATCH YOUR FAVORITE MOVIE | VOLUNTEER SOMEWHERE | GET A NEW HAIRCUT | DANCE LIKE NOBODY IS WATCHING | TAKE A LONG DEEP BREATH |
| REMIND YOURSELF OF YOUR STRENGTHS | SMILE TO YOURSELF | GO JOGGING IN THE PARK | REPEAT YOUR MANTRA | PLAY WITH A PET |
| LOOK AT YOUR POSITIVE SELF-TALK SHEET | CALL SOMEONE YOU LOVE | INVITE A FRIEND OVER TO WATCH A MOVIE | LISTEN TO YOUR FAVORITE PLAYLIST | DECLUTTER A ROOM |

It's Time To Journal

Seat comfortably, prepare a hot drink if you wish and grab a pen because it's time to journal! Use this journal to do a daily brain dump and bring awareness to the good things of your day. By doing this every day you will be unconsciously training your mind to focus on the positive instead of the negative.

DAILY REFLECTION

TODAY IS

WORD OF THE DAY

MY MOOD TODAY

TODAY'S THOUGHTS

I FELT ENERGIZED WHEN...

I FELT PROUD WHEN...

I HAD FUN WHEN...

THINGS I'M GRATEFUL FOR · GOOD THINGS ABOUT TODAY · THINGS THAT MADE ME SMILE

Gain Clarity

Self-reflection gives us clarity, which helps us move forward with our lives. If you are seeing a therapist, use this post-therapy journal after each session to get the most out of your sessions.

POST-THERAPY REFLECTION

TODAY IS

TOPICS WE DISCUSSED

MY THOUGHTS ABOUT THOSE TOPICS · HOW IT MADE ME FEEL · TAKEAWAY OF THE SESSION

HELPFUL EXERCISES AND TIPS

FOR THE NEXT SESSION

Challenge Yourself

How can we be positive all the time? We can't. Nobody has a positive mind all the time. We all face difficult times. However, we can choose how to react to what happens to us. We can choose to complain about it or not. We can choose to criticize ourselves or not. We can choose to speak kindly to ourselves or not. Choose what's best for you.

4 CHALLENGES TO REDUCE NEGATIVITY

Here are 4 challenges that will help you reduce negativity in your life. These are one-day challenges, but you can always continue to practice them every day. Mark each challenge when completed and write about how it went and what you learned in the boxes below the challenges.

A DAY WITHOUT COMPLAINING, ALOUD OR IN YOUR HEAD

1

A DAY WITHOUT CRITICIZING OTHER PEOPLE

2

A DAY WITHOUT CRITICIZING YOURSELF

3

A DAY WITHOUT COMPARING YOURSELF TO ANYONE

4

BEAUTIFUL WORDS CHALLENGE

You may have the habit of saying nice words to others and that's great but don't forget to talk to you using beautiful words too. Write a positive statement, mantra, or quote for 30 days in a row. Choose messages that make you smile and brighten your day. This will be your positive self-talk sheet.

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EXPERIENCE REFLECTION