NOTICE SELF-DEFEATING THOUGHTS

INSTRUCTIONS:

1) Print out several copies of this form.
2) Schedule this activity for 1-3 days on your phone or other calendar.
3) Throughout the day, notice and list any self-defeating thoughts below.
4) No need to judge or evalaute each thought.
5) After completing the exercise, return to "Thinking Better" and begin "Challenge, and Replace Self-DefeatingThoughts".

Write your thoughts below: