

NEGATIVE THINKING

Why is your thinking important?

Thoughts lead to **Feelings** lead to **Actions**

Negative thoughts can lead to:

- Unnecessary worry and anxiety.
- Feelings of hopelessness and being overwhelmed.
- Repetitive negative thoughts.
- Suicidal thoughts.
- Seeking out and unhealthy people, places, and coping skills.
- Relapse.

Positive thoughts can lead to:

- Decreased anxiety and depression.
- Increased confidence.
- Decreased feelings of guilt and shame.
- Hope.
- Renewed resolve.

Examples of Thoughts that could accompany stress:

- **“You’re going to fail anyway”** leads to **feelings of pointlessness** leads to **giving up on recovery and relapsing.**
- **“You’ve got this. This is normal. You just have to learn how to navigate it”** leads to **feelings of hope and assurance** leads to **reaching out for help and tackling obstacles.**
- **“You can’t handle this. You’ve always failed before.”** leads to **heart racing, anxiety, etc.** leads to **running to negative coping skills (Ex, drugs, etc.).**

You decide which thoughts get to stay. Your thoughts don’t rule you, you rule your thoughts.

2 Corinthians 10:5 We take every thought captive and make it obedient to Christ.

Steps for changing your negative thinking:

1. Realize that some of your negative and uncomfortable feelings and emotional states are caused by how and what you think.
2. Recognize and become aware of what you are thinking and how you are feeling.
3. If your thoughts are negative/untrue/not the whole story, challenge them with correct thinking.
4. Learn to talk back to the little voice inside your head.
5. Talk it out! Share your thoughts and feelings with someone you can trust and who supports your recovery such as your counselor, sponsor, partner, or a close friend or family member.

What are some common things you say to yourself that put you down? (Check or add your own)

- "I shouldn't bother them, they probably don't want to talk to me."
- "You're such an idiot."
- "You should just run, you're going to ruin things anyway."
- "They're just going to reject you once they really know who you are."
- "You're going to ruin things eventually anyway."
- "I don't deserve to be happy."
- "I don't deserve to live."
- "Bad things always happen to me."
- "Everything always ends up the same."
- "It's a waste of time to work on me."
- "Story of my life."
- "I don't deserve to feel good about myself."
- "Everything I touch falls apart."
- "I wish I could just disappear."
- "I'll never be any different."
- "You're not enough. You'll never be enough."
- "No one wants my opinion."
- "You can't cope with this."
- "No one will ever love me. I'm too messed up."
- _____
- _____
- _____
- _____
- _____

Learning to treat yourself with kindness.

- If you wouldn't say it to a close friend, don't say it to yourself.
- When the enemy wants to tear you down, build yourself up. Plan what you're going to say back to negative self-talk.
- Give yourself daily pep-talks!

Proverbs 18:21 Life and death are in the power of the tongue.

Romans 12:21 Do not be overcome with evil, but overcome evil with good.

Negative Self Talk: _____

What I'm going to say back:

Negative Self Talk: _____

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What I'm going to say back:

Great Pep-talks to give yourself:

- "I'm a work in progress and I make progress every day."
- "Since Jesus says I'm valuable, I believe I am valuable."
- "I use failure as a stepping stone."
- "I can do all things through Christ who strengthens me."
- "I will cast my anxieties on Jesus because he cares for me."
- "I will not look back, only forward."
- "I have a future worth living for."
- "I can't let God down because I was never holding him up."
- "Life doesn't happen to me, I happen to life."
- "I will focus on what I can control and trust God with what I can't control."
- "I will take it one day at a time."

What pep-talk will you give yourself each morning?
