

## Reminder Sheet - Positive Thinking

Catch negative self-talk whenever you feel upset.

When you notice negative thoughts, tell yourself to “STOP”!

Challenge your negative self-talk and replace it with positive talk.

Do not let your upset feelings lead to urges to use.

Remind yourself of your successes.

Notice how you feel better when you use positive self-talk.

Really believe in the positive things you are saying to yourself.

Remind yourself that you deserve positive self-statements.

## Positive Thinking Worksheet

Use this worksheet to write down one or two events that happen between now and your next session with your therapist. Write down what positive self-talk you tried and how that impacted your feelings and behaviors.

Event or Situation	Positive Thoughts	Feelings/Behavior
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