

Flip the Switch on Negative Thinking


Sometimes we get caught in thinking traps that lead to negative feelings and behaviors. Challenging unhelpful, negative thinking can positively influence how we feel and act, and even improve the situations we are facing.



Directions

Take a look at each example situation and list a possible automatic negative thought (ANT), and a related feeling, behavior, and potential outcome of the situation. Then “flip the switch” from negative thinking and come up with an example of a more helpful coping thought and the associated new feeling, behavior, and potential outcome. See how powerful it can be to flip the switch on negative thinking!

Situation 1: You notice that a close friend posted a picture of their “squad” on Instagram and you weren’t in it.



ANT:

Feeling:

Behavior:


Outcome:

Coping Thought:


Feeling:

Behavior:

Outcome:



Situation 2: You practiced and trained for weeks ahead of tennis tryouts and improved a lot in your skills, but after tryouts, you were notified that you didn’t make the team.



ANT:

Feeling:

Behavior:


Outcome:

Coping Thought:


Feeling:

Behavior:

Outcome:



Situation 3: Usually an A/B student, you've been having some challenges in your geometry class and recently found that you got a C- on the last test.



ANT:

Feeling:

Behavior:


Outcome:

Coping Thought:


Feeling:

Behavior:

Outcome:



Situation 4: _____



ANT:

Feeling:

Behavior:


Outcome:

Coping Thought:


Feeling:

Behavior:

Outcome:



Situation 5: _____



ANT:

Feeling:

Behavior:

Outcome:

Coping Thought:

Feeling:

Behavior:

Outcome:

