TURN YOUR negative thoughts INTO alternative thoughts

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**Situation**
You keep putting off work that needs to get done

**Negative Thought**
"I have so much time right now and I'm wasting it away. I am a failure. I am useless."

**Feeling**
Guilt, Anxious, Discouraged, Defeated

**Behavior**
Procrastinates more, engages in mindless distraction or self-medication. Repeats the same thing the next day.

**Alternative Thought**
"I'm trying my best. It's okay to have my off-days but I must work through my feelings and take accountability for my behavior."

**Feeling**
Worthy, Self-Confident, Hopeful

**Behavior**
Practices self-compassion while setting a routine/small goals with the intention of following through with them the next day.