



NAME IT TO TAME IT WORKSHEET

Use this worksheet to keep track of at least one negative thought you have each day and then find five positive thoughts, statements of gratitude or joy, or something completely unrelated that makes you feel good. These statements don't have to directly relate to the negative thought or feeling. The idea is that by shifting our minds to some positives, we can begin to rewire and train our brains to automatically go to a more expansive place when we feel overwhelmed, upset, or things don't go our way instead of focusing on the negative and staying in that space. Give this exercise a go for five days and see how it feels.

Negative thought:

FIVE things that bring you joy:

- (1)
- (2)
- (3)
- (4)
- (5)

Negative thought:

FIVE things that bring you joy:

- (1)
- (2)
- (3)
- (4)
- (5)

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