

STOP NEGATIVE THOUGHTS TODAY



WORKBOOK

Vernon L. Williams

Author of The Power to Rejoice: 21 Days to Victory Over Your Problems

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INTRODUCTION

Be careful how you think; your life is shaped by your thoughts. Proverbs 4:23 (GNT)

Your thoughts determine how you feel, what you say and what you do. Because of their power, it is imperative that you stop negative thoughts - today.

With that in mind, this course has two goals: 1) to identify the 13 negative thought patterns that people have, and 2) to show you how to stop each of those patterns - today.

This workbook is to be used in conjunction with the audio of Stop Negative Thoughts Today. Follow along with the audio and fill in the blanks on the worksheet.

If you want to comment on the workbook, the audio or the course in general, please send me an email at vernonl@vernonlwilliams.com.

NEGATIVE THOUGHT PATTERN #1

_____ - Anything short of perfection is viewed as a total failure.

Capture your thought.

Example: *"If I can't do it perfectly I may as well not bother."*

How do you feel?

Ask yourself a question about your thought.

Example: *"Are there any other ways I could think about this?"*

Replace your thought.

Example: *"Although I am committed to doing great work, I will not demand perfection of myself."*

How do you feel?

NEGATIVE THOUGHT PATTERN #2

_____ - Making negative characterizations:
About Yourself.

Capture your thought.

Example: "I am a loser."

How do you feel?

Ask yourself a question about your thought.

Example: "How else can I think about myself?"

Replace your thought.

Example: "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them." (Ephesians 2:10 ESV)

How do you feel?

NEGATIVE THOUGHT PATTERN #2 CONTINUED

Making negative characterizations about Others.

Capture your thought.

Example: "My boss is a jerk."

How do you feel?

Ask yourself a question about your thought.

Example: "How is my boss like me and how can I put myself in his shoes?"

Replace your thought.

Example: "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven." (Luke 6:37 NIV)

How do you feel?

NEGATIVE THOUGHT PATTERN #3

_____ - Viewing a single occurrence that did not go as planned as a negative pattern. Using “always” and “never”.

Capture your thought.

Example: “I always mess up when drawing blood.”

How do you feel?

Ask yourself a question about your thought.

Example: “What percent of the time do I make a mistake when drawing blood?”

Replace your thought.

Example: “I make a mistake less than 1% of the time, which does not constitute “always”.

How do you feel?

NEGATIVE THOUGHT PATTERN #4

_____ - Picking out a single negative detail and focusing on it exclusively.

Capture your thought.

Example: *"I know my boss said my report was great, but she also said there was one omission. I am hopeless."*

How do you feel?

Ask yourself a question about your thought:

Example: *"Can I think of any positives?"*

Replace your thought.

Example: *"My boss said my report was "Great."*

How do you feel?

NEGATIVE THOUGHT PATTERN #5

_____ - Rejecting positive experiences by insisting they don't count.

Capture your thought.

Example: *"I won an achievement award, but anyone could have done what I did."*

How do you feel?

Ask yourself a question about your thought.

Example: *"What would I say to a friend who was thinking this way?"*

Replace your thought.

Example: *"I am delighted that I won an achievement award."*

How do you feel?

NEGATIVE THOUGHT PATTERN #6

_____ - Predicting that things are not going to go the way you want them to go.

Capture your thought.

Example: *"If I ask for permission to telecommute, my manager will deny my request."*

How do you feel?

Ask a question about your thought.

Example: *"What are the facts supporting my conclusion?"*

Replace your thought.

Example: *"If I don't ask, the answer will be "No". If I ask, I could get a "Yes".*

How do you feel?

NEGATIVE THOUGHT PATTERN #7

_____ - Interpreting things negatively when there are no facts to support your conclusion.

Capture your thought.

Example: *"I know I did not get the position because if I had I would have heard from Human Resources by now."*

How do you feel?

Ask yourself a question about your thought:

Example: *"What evidence do I have that that is true?"*

Replace your thought.

Example: *"Perhaps the interviewer has been on vacation. I will call Human Resources to determine the status of the selection process."*

How do you feel?

NEGATIVE THOUGHT PATTERN #8

_____ - Concluding that someone has a negative impression of you without checking it out.

Capture your thought.

Example: "My co-worker probably thinks I am selfish."

How do you feel?

Ask yourself a question about your thought.

Example: "Do I know for certain what my co-worker is thinking about me?"

Replace your thought.

Example: "I will ask my co-worker to share her impression of me."

How do you feel?

NEGATIVE THOUGHT PATTERN #9

_____ - Expecting something unbearable or intolerable to happen. Involves “What if” questions.

Capture your thought.

Example: “What if I get laid off?”

How do you feel?

Ask yourself a question about your thought.

Example: “Would the world come to an end?”

Replace your thought.

Example: “With my skills and experience, I will probably get an even better job. Besides, God promises to meet all my needs.” (Philippians 4:19 NIV)

How do you feel?

NEGATIVE THOUGHT PATTERN #10

_____ - Operating by rigid rules and refusing to allow any flexibility. Includes “should”, “should not”, “ought to” or “must”.

Capture your thought.

Example: “Bosses *should always seek employees’ opinion before making decisions.*”

How do you feel?

Ask yourself a question about your thought.

Example: “*If this is only my expectation, is it realistic?*”

Replace your thought.

Example: “*I would prefer that bosses always seek employees’ opinion, but it is unrealistic to think they are going to do that.*”

How do you feel?

NEGATIVE THOUGHT PATTERN #11

_____ - Holding yourself responsible for an event that is not under your control.

Capture your thought.

Example: "As an experienced nurse, I should have been able to prevent the patient from dying."

How do you feel?

Ask yourself a question about your thought.

Example: "Are there other factors that may have caused this event?"

Replace your thought.

Example: "Psalm 139:16 says God knew the number of days my patient would live before he was born." Therefore, I am responsible for providing the best care I can, not making life or death determinations."

How do you feel?

NEGATIVE THOUGHT PATTERN #12

_____ - Holding other people responsible for your circumstances or problems.

Capture your thought.

Example: "I would have been promoted by now if I had a better boss."

How do you feel?

Ask yourself a question about your thought.

Example: "Is this way of thinking helping me achieve my goals?"

Replace your thought.

Example: "I am responsible for my career. It is up to me to take the necessary actions to put myself in position to achieve my goals."

How do you feel?

NEGATIVE THOUGHT PATTERN #13

_____ - Feeling a certain way and assuming that you feel that way because that's how things really are.

Capture your thought.

Example: *"I feel overmatched. That means I am inferior to my peers."*

How do you feel?

Ask yourself a question about your thought.

Example: *"What would happen if I ignored those feelings for the moment?"*

Replace your thought.

Example: *Based on Psalm 139:14 (NIV) "I am fearfully and wonderfully made." Therefore, I am not inferior to any human being."*

How do you feel?

CONCLUSION

I urge you to make a habit of using the C-A-R method - capture your thoughts, ask yourself a question and replace negative thoughts with empowering ones. It may be challenging at first. However, I urge you to stick with it. You will create a new habit, thus replacing your current habit of allowing negative thoughts to cause you to suffer emotionally.

If this course does not help you stop negative thoughts, then it will not cost you a penny.

Here's why.... My 100%, iron-clad guarantee of satisfaction.

If you apply the information in this course and you are not satisfied, just let me know within 31 days of purchase. I'll give you a prompt and full refund.

That way, you risk nothing.

Discover encouraging Bible verses to replace negative thoughts in my popular book, [*The Power to Rejoice: 21 Days to Victory Over Your Problems.*](#)

Direct questions and comments to me at vernonl@vernonlwilliams.com

Best wishes as you stop negative thoughts today.

STOP NEGATIVE THOUGHTS TODAY WORKSHEET

Name and description of your negative thought pattern

Capture your thought.

Example: "If I can't do it perfectly I may as well not bother."

How do you feel?

Ask yourself a question about your thought.

Example: "Are there other ways I can think about this?"

Replace your thought.

Example: "Although I am committed to doing great work, I will not demand perfection of myself."
