

“The 5 W’s and H of Negative Thoughts” Worksheet

Every human has negative thoughts, but not every human carries these thoughts with them throughout their lifetime, believing them until they are eventually made a reality. Try to think of one of these consistently pestering negative thoughts you personally experience, and try to process through it using the below chart.

1- What is the negative thought consistently plaguing you?	2- When did this negative thought loop begin in your mind?
3- Who triggered this negative thought loop to begin?	4- Where in your life has this negative thought or idea affected you most?
5- Why do you believe this negative thought loop still exists within your mind?	6- How would you offer advice to another to rid them selves of this negative thought process?