

CHANGE MY THOUGHTS, EMOTIONS, BEHAVIORS WORKSHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Today I want to think positively about SELF/OTHER/SITUATION  
CIRCLE ONE

Specifically, I want to think \_\_\_\_\_  
LIST THE POSITIVE THOUGHTS

LIST THE POSITIVE THOUGHTS CONTINUED

LIST THE POSITIVE THOUGHTS CONTINUED

These new positive thoughts specific to SELF/OTHER/SITUATION  
CIRCLE ONE

are intended to increase my emotions / feelings of

LIST THE POSITIVE EMOTIONS INTENDED

My emotions will influence my specific behavior \_\_\_\_\_

LIST YOUR DESIRED BEHAVIOR

LIST YOUR DESIRED BEHAVIOR CONTINUED

**PART 2**

At the end of the day, please reflect on your behavior. determine how your thoughts influenced your emotions and behavior

Were you able to replace your negative thoughts with positive thoughts? YES/NO Your thoughts influence your emotions.  
CIRCLE ONE

Did your thoughts influence your emotions? YES/NO  
CIRCLE ONE

Did you get the results you expected? YES/NO  
CIRCLE ONE

If you didn't get the results you expected what will you do differently? \_\_\_\_\_