



Family Connection Mentoring
Getting on Top of Negative Thoughts

Use this tool to find the “REAL” message behind your negative thoughts. Remember that every negative thought you have about yourself and your life is a lie even if it appears true. It comes from a source of power that desires your failure and destruction. The exact opposite is what is really true. All people have weaknesses and they are really our strengths in embryo. (Hebrews 11:32, 34 and Ether 12:27)

Write down your negative thoughts daily. For each negative thought write down the opposite and then answer the questions below. Do this for at least 30 days and you will begin to see a change in how you feel each day about yourself, your family, your relationships and your life

Date: _____

1. Strength-
2. Strength-
3. Strength-
4. Strength-
5. Strength-
6. Strength-
7. Strength-
8. Strength-
9. Strength-
10. Strength-

I feel powerful as I manage my thoughts because...

I feel confident in clearing out damaging comments because...

I feel capable in overcoming negativity because...

I feel peaceful in my mind because...