



Negative thoughts can be a sign of your illness. Often people will think, *"I can not do anything right"*. Try to change your thinking to something more positive such as, *"I do lots of things well"*. If you have negative thinking, this exercise may be of some help to you. Positive self-talk can be a useful tool to use during your illness.

## List your negative thoughts:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Look at your negative thoughts and write them again in a positive way:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_