

# THOUGHT RESET

# worksheet

thoughts create actions.  
change your thoughts, change your life.

01  
habit

**Frustrating Habit:**

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something you do often that you want to change

02  
trigger  
thought

**Slow down. Reflect. Listen.**

**What THOUGHT came BEFORE the frustrating habit:**

03  
ANT

**Which type of Automatic Negative Thought is it?**

1. **Rationalizations:** "It's ok to eat this/I deserve this because..."
2. **Perfectionism:** "Since I screwed up already there's no point in trying..."
3. **Exaggerations:** "I can't stand being hungry..."
4. **Labeling:** "I'm a sugar addict..."
5. **Minimizing:** "It won't matter if I eat this..."
6. **Envy/Comparison:** "I will never be able to look like that..."
7. **Mind-Reading:** "My co-worker will think I'm rude if I don't eat her cupcake..."
8. **Blaming:** "I can't inconvenience my family by getting rid of junk food..."

04  
PET

**What new Positive Energizing Thought can you test instead?**

**New Thought:**