

Overcoming Negative Thinking

Seven worksheets tailored to help you recognize, challenge, and detach from negative thinking - and take care of yourself.

Defusion and Cognitive Restructuring

Identifying Burnout

Healthy Boundaries and Self-Care

Practicing Gratitude

Overcoming Negative Thinking

Negative thoughts, like "I hate people" or "life sucks," can sometimes feel overwhelming and difficult to escape. These thoughts often develop from past experiences, challenging situations, or self-critical habits. Left unchecked, they can take a toll on mood, confidence, and relationships. **This workbook is designed to guide you through exploring why these patterns of thinking emerge, what fuels them, and how to recognize them in real-time.**

Here is a brief introduction to each worksheet included in this workbook:

Defusion for Negative Thinking

Defusion is a technique from Acceptance and Commitment Therapy (ACT). This worksheet will introduce you to defusion and help you use it to detach emotionally from your negative thoughts.

Cognitive Restructuring

This worksheet will help you identify and challenge negative thoughts, giving you practical steps to replace them with balanced, constructive ones. Cognitive restructuring is about questioning the accuracy and helpfulness of these thoughts so you can begin to reshape your mindset in a healthier, more balanced direction.

Self-Care Inventory

Self-care is essential for building resilience against negative thinking. This worksheet invites you to assess your current self-care practices and consider ways to improve or expand them.

Practicing Gratitude

Gratitude can be a powerful antidote to negative thinking. This exercise encourages you to shift your focus outward by acknowledging what you're grateful for in yourself and in your life. Practicing gratitude not only enhances your mood but also fosters a more balanced, positive perspective.

Identifying Burnout

Burnout often contributes to persistent negative thoughts, making it difficult to maintain a positive outlook. This worksheet will help you explore signs of burnout, assess how frequently you experience them, and provide strategies to manage it. Recognizing burnout allows you to address its effects on your mindset.

Setting Healthy Boundaries

Setting boundaries is a crucial tool for managing negative thinking. This worksheet helps you define and reinforce personal boundaries that protect your well-being, helping you create the mental space needed to keep negative thoughts at bay. Learning to set boundaries allows you to prioritize your peace of mind.

PLEASE Take Care of Yourself

The PLEASE skill emphasizes taking care of your physical well-being to support a balanced mind. This worksheet guides you in practicing the essentials—physical health, healthy eating, avoiding substances, sleep, and exercise. Keeping your body healthy is a foundational step in managing and reducing negative thinking.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Defusion for Negative Thinking

Defusion is a powerful tool from Acceptance and Commitment Therapy (ACT) to disconnect from negative thoughts. When dealing with frequent negative thinking, it's easy to believe that every one of our negative thoughts is true. This worksheet will help you use defusion to "zoom out" and view your thoughts as what they are - just thoughts, not necessarily truths.

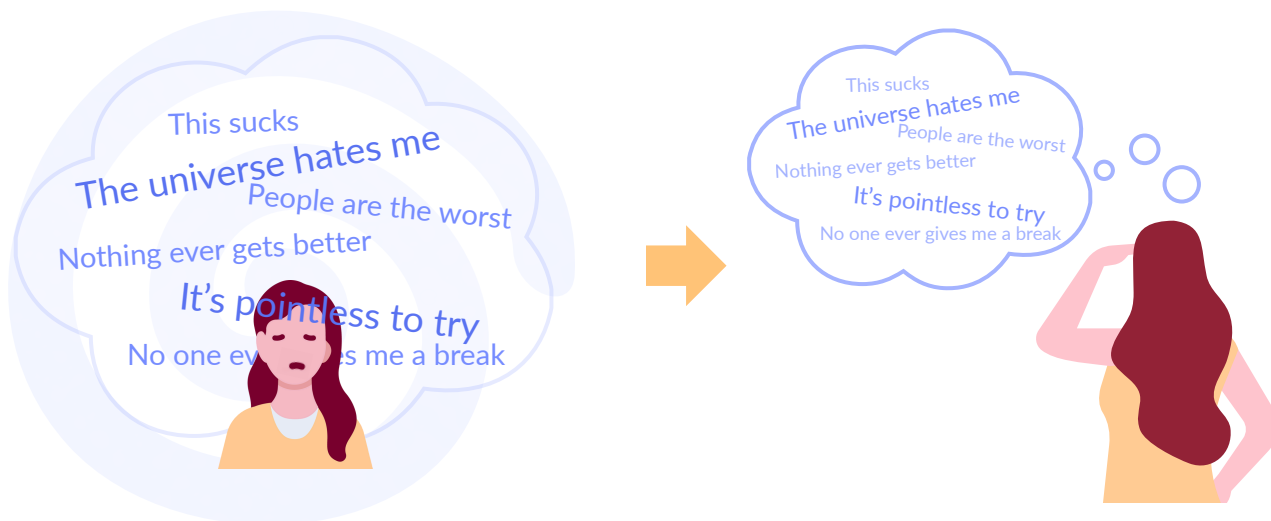
Observe your negative thoughts

Think through your own negative thoughts. What sorts of thoughts frequently come up for you?

- | | |
|----------------------------------------------------------------|--------------------------------------------------------------------------|
| <input type="checkbox"/> "This sucks" | <input type="checkbox"/> "I just know today's going to be bad" |
| <input type="checkbox"/> "This is pointless" | <input type="checkbox"/> "I should be doing better than this" |
| <input type="checkbox"/> "Other people have it so much easier" | <input type="checkbox"/> "Something awful is going to happen eventually" |
| <input type="checkbox"/> "People are the worst" | <input type="checkbox"/> "There's just something wrong with me" |
| <input type="checkbox"/> "I always get screwed over" | <input type="checkbox"/> "Nothing ever gets any better" |
| <input type="checkbox"/> "No one actually cares" | <input type="checkbox"/> "It's pointless to try" |
| <input type="checkbox"/> "The universe hates me" | <input type="checkbox"/> "No one ever gives me a break" |

The goal of defusion

The goal of defusion is to use mindfulness skills to move from being stuck "inside" our negative thoughts to observing our negative thoughts from the "outside." When we can zoom out and observe our thoughts in this way, it's much easier to disconnect with them and/or see that they are unhelpful or untrue.



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Defusion for Negative Thinking

Ways to defuse

The key to defusion is nonjudgmental observation - a core mindfulness skill. **Observation** is “watching” or “hearing” your thoughts as they happen. You might say to yourself, “I notice I’m having thoughts about X,” or, “Y is really on my mind today.”

Nonjudgmental observation is taking a neutral stance towards the thoughts you are noticing. It’s really common to think, “Oh no, my thoughts are so negative today, this is going to be a terrible week...” and to get stuck in negativity again. Try your best to just notice and stay in the present.

If nonjudgmental observation feels a little abstract, here are four more specific ways to try defusion:

Drift on by

Imagine placing each thought on a cloud or a leaf falling from a tree. “Watch” each thought slowly drift away through the air. Remind yourself that thoughts come and go.

Recall your thoughts during a difficult time in the past. Do those thoughts still have a hold on you? Or have they drifted away?

Give it a name

One easy way to defuse is to just name who is “speaking” when you have negative thoughts. You might say to yourself, “That’s perfectionism talking,” or, “I notice I’m having people-pleasing thoughts.”

You could also give your thoughts a real name - for example, “Wow, Steve is acting up today! Thanks, but I’m good, Steve!”

Make it silly

In your mind, repeat your thoughts in a silly way. This might sound weird, but “hearing” your thought voiced by a cartoon character, actor, or to a funny tune might be enough to help you emotionally detach from the thought and make it less powerful.

For bonus points - sing your thought aloud if you can!

Sportscaster

When you notice negative thoughts, observe them like a sportscaster might. This might sound like - “Here we are at the end of the workday and - wow! A move straight from the perfectionism playbook - that’s beating yourself up over small mistakes. What a play!”



Defusion for Negative Thinking

The point of defusion is not to make your negative thinking stop - it's to reduce the effect of negative thinking on your mood and decisions. Detaching from your thoughts can give you enough space to decide what to do next (like ignore your thoughts, challenge them, problem-solve, or get support), rather than having your negative thoughts decide for you.

Give it a try

The next time you experience repetitive negative thoughts, try one of the defusion techniques above. How did it go? What did it feel like? Will you try another defusion technique?

An important note

Defusion is great for repetitive, negative thoughts that are *inaccurate, unhelpful, or untrue*. These thoughts are often called cognitive distortions and they are not an accurate reflection of reality - instead, they “distort” your perspective and make it much more negative. These kind of thoughts happen often when someone is dealing with anxiety, depression, stress, etc.

What if you are experiencing negative thoughts because something truly negative has happened? That is, what if your negative thoughts are not distorted? Then it might be time to instead:

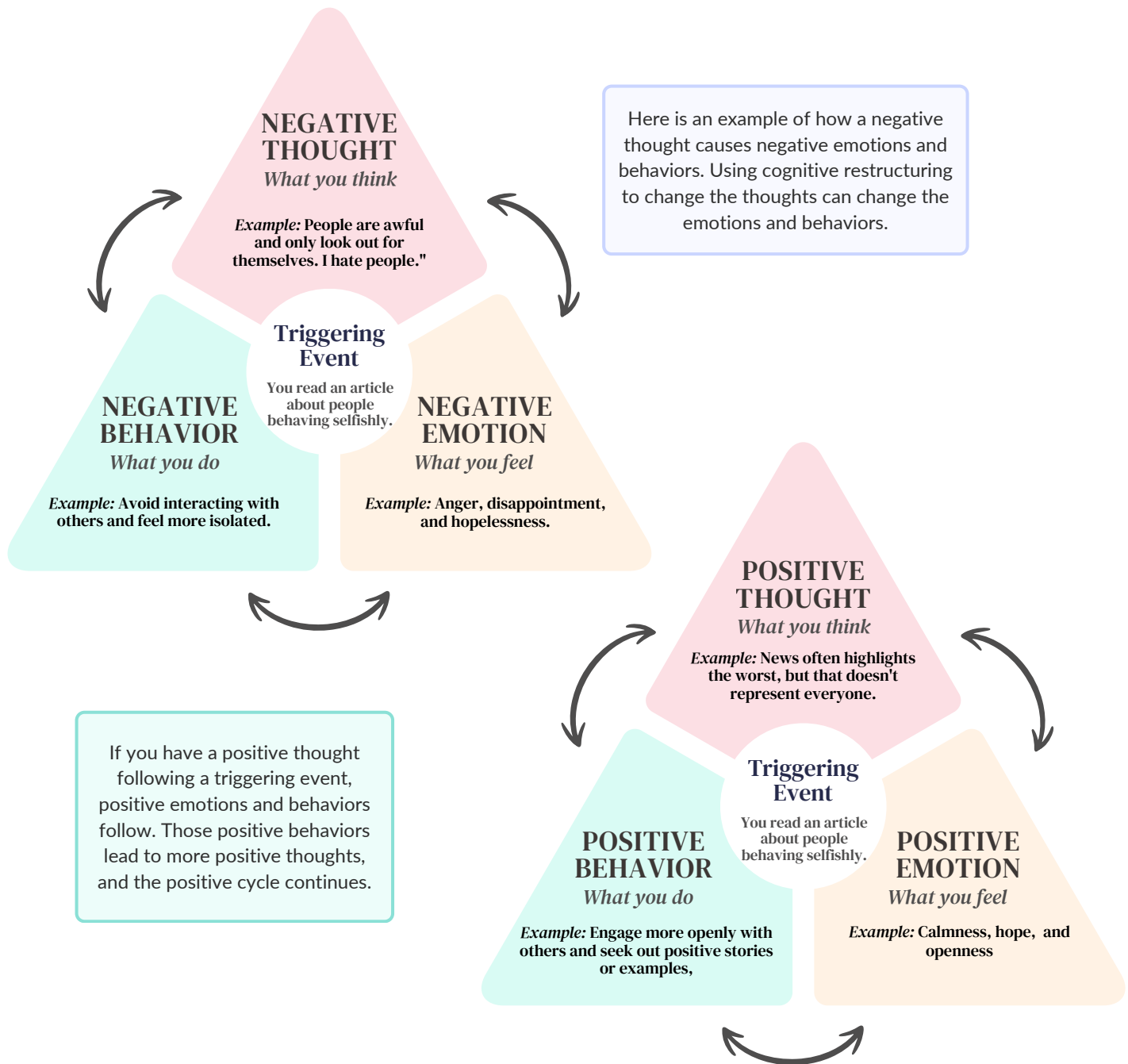
- Engage in self-care
- Reach out for support
- Consider therapy

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Cognitive Restructuring

Negative thinking can feel like a trap, influencing emotions, behaviors, and even how situations are perceived. This worksheet uses Cognitive Behavioral Therapy (CBT) techniques to help you explore and challenge these patterns. By identifying specific negative thoughts, understanding their impact, and finding alternative ways to think, you can create healthier perspectives that support your well-being.



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Cognitive Restructuring

THOUGHT

What you think in a situation
Ex: Everyone hates me

EMOTION

How you feel
Ex: I feel sad and worthless

BEHAVIOR

How you act in the situation
Ex: I withdraw from the people I love and treat myself poorly

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are causing you to feel pessimistic by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thoughts

Is my thought factual?

What evidence do I have to support my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?

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Self-Care Inventory

Taking care of yourself is essential for managing negative thinking. Self-care includes any activity that nurtures your mental, emotional, and physical well-being, making it easier to handle negative thoughts and build resilience. Practicing self-care can help you create the mental space needed to process emotions, develop self-compassion, and gradually reduce the impact of negative thoughts.

This worksheet will guide you in exploring different self-care activities to improve your well-being. You'll rank each activity on a scale from 1-3 to see how well you're currently engaging in these practices. Afterward, you can "star" the activities you'd like to focus on more. The aim is to help you recognize what types of self-care work for you, where you're already doing well, and areas to strengthen to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body's needs, such as stretching when tense or resting when tired.

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Self-Care Inventory

1 2 3 ★ **Emotional Self-Care:** Processing & expressing your emotions.

<input type="checkbox"/>	<input type="checkbox"/>	Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.
<input type="checkbox"/>	<input type="checkbox"/>	Spending time with friends and family to build support and reduce feelings of isolation.
<input type="checkbox"/>	<input type="checkbox"/>	Practicing mindfulness to stay present and manage negative thoughts.
<input type="checkbox"/>	<input type="checkbox"/>	Writing down thoughts and feelings to process emotions and gain insights.
<input type="checkbox"/>	<input type="checkbox"/>	Keeping a gratitude journal or reflecting on things you are thankful for.
<input type="checkbox"/>	<input type="checkbox"/>	Using positive affirmations to counter negative self-talk and build self-esteem.
<input type="checkbox"/>	<input type="checkbox"/>	Using music to relax, uplift your mood, or express your emotions.
<input type="checkbox"/>	<input type="checkbox"/>	Expressing your emotions through art, music, writing, or other creative outlets.
<input type="checkbox"/>	<input type="checkbox"/>	Set achievable goals and celebrate your progress, no matter how small.
<input type="checkbox"/>	<input type="checkbox"/>	Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3 ★ **Social Self-Care:** Fostering & maintaining healthy relationships.

<input type="checkbox"/>	<input type="checkbox"/>	Spending time with people you like and make you feel good about yourself.
<input type="checkbox"/>	<input type="checkbox"/>	Asking for help from friends or family when you're feeling down or overwhelmed.
<input type="checkbox"/>	<input type="checkbox"/>	Learning to say no and establishing boundaries to protect your emotional well-being.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in support groups to gain insight and emotional support from others.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in clubs or organizations that align with your interests to meet new people.
<input type="checkbox"/>	<input type="checkbox"/>	Giving your time to help others in your community to foster connection and purpose.
<input type="checkbox"/>	<input type="checkbox"/>	Going to social gatherings, parties, or community events to build your social network.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.
<input type="checkbox"/>	<input type="checkbox"/>	Actively listening when talking with others, which helps strengthen your relationships.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling intentional alone time with your romantic partner.

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Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

Stepping away from work to recharge, through daily short breaks and using vacation time.

Talking to a supervisor or HR about mental health challenges (if it feels safe).

Exploring available support options, such as employee assistance programs (EAP).

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

Ensuring your work environment is comfortable and conducive to productivity.

Establishing achievable work goals and celebrating small accomplishments.

Being kind to yourself during work and avoiding excessive self-criticism.

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

Practicing meditation to connect with your inner self and find peace and clarity.

Engaging in prayer or other forms of communication with a higher power.

Spending time in nature to experience connection to the world around you.

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

Participating in spiritual or religious community activities.

Engaging in artistic activities, such as painting, music, or writing.

Performing acts of kindness and service to others, fostering a sense of purpose.

Acting in accordance with your morals to create a sense of integrity in your life.

Spending time with the people who give your life meaning.

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Practicing Gratitude

Gratitude is more than just a positive emotion; it's a powerful tool for shifting negative thinking patterns and improving mental well-being. By practicing gratitude, you can train your mind to focus on the positive aspects of life, even during challenging times. This focus can reduce the impact of negative thoughts, build resilience, and enhance connections with others. This worksheet guides you in recognizing and appreciating small, positive moments throughout your day, helping you create a more balanced and optimistic outlook.

PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	<i>Ex: The taste of fresh coffee this morning.</i>	<i>The kind text my friend sent me.</i>	<i>The relaxing bath I took to unwind.</i>
T	<i>A productive meeting where I felt heard.</i>	<i>My blanket keeping me warm while I read.</i>	<i>A surprise call from Mom to check on me.</i>
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

Ex: Kind messages and calls reminded me that I have a support system and people who genuinely care about me. Sometimes I get caught up in my own struggles, so being reminded of these connections really lifted my mood and made me feel valued.

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Practicing Gratitude

PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

PART 1: Daily Gratitude List

Write down three things you are grateful for each day.

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?

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Practicing Gratitude

PART 2: Monthly Summary

At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

How has your perspective changed since you started practicing gratitude?

What challenges did you face in practicing gratitude, and how did you overcome them?

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Identifying Burnout

Burnout can lead to persistent negative thinking, especially when prolonged stress and exhaustion start to erode your mental and emotional resilience.

When daily tasks and responsibilities feel unmanageable, it's easy to fall into a pattern of negative thoughts about yourself, your abilities, and even the world around you. Identifying burnout is the first step in breaking this cycle. This worksheet will help you recognize signs of burnout, evaluate how frequently they appear, and provide practical steps for managing and recovering from burnout.

Read through the following statements and check the box next to each statement that applies to you. After completing the checklist, tally your score to assess your current level of burnout.

Check all statements that apply to you.

- You feel exhausted all the time
- You struggle to get up in the morning
- You lose interest in things you used to enjoy
- You feel easily irritated or annoyed
- You have difficulty concentrating or focusing
- You experience frequent headaches or stomachaches
- You sleep too much or not enough
- You feel numb or disconnected from life
- You notice increased negative thoughts
- You feel like you can't keep up with responsibilities
- You procrastinate more than usual
- You constantly feel overwhelmed

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Identifying Burnout

Check all statements that apply to you.

- You feel like everything takes extra effort
- You have less patience with people
- You withdraw from friends or family
- You feel unappreciated or undervalued
- You experience increased self-doubt
- You eat more or less than usual
- You have frequent muscle tension or aches
- You feel stuck or trapped
- You don't care about work or tasks as much
- You feel emotional or on edge
- You get sick more frequently
- You feel helpless or hopeless
- You rely on caffeine or sugar for energy
- You feel resentful toward tasks or people
- You have trouble making decisions

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Identifying Burnout

Give yourself one point for each item you checked on the list to find out if you have burnout.

Your Score

0-11
points

You may be experiencing some minor stress, but it's manageable. This is a great time to focus on preventive self-care strategies before things become more overwhelming.

12-16
points

You're likely dealing with moderate burnout. It's important to take a step back and reflect on what's contributing to your burnout. Consider making changes to your routines or seeking support.

17-26
points

You are experiencing significant burnout. This level of burnout can greatly affect your well-being and productivity. It's important to prioritize recovery, seek support, and make substantial changes to your daily life to prevent further exhaustion.

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Identifying Burnout

Based on your reflection, consider what steps you can take to recover from burnout. Write down specific actions you can take to manage your burnout and improve your well-being.

**How can you incorporate more rest into your routine?
(e.g., taking short breaks, scheduling relaxation time)**

**Who can you talk to for support during this time?
(e.g., family, friends, therapist, support group)**

**What boundaries can you set to protect your energy?
(e.g., limiting social commitments, saying no to new projects)**

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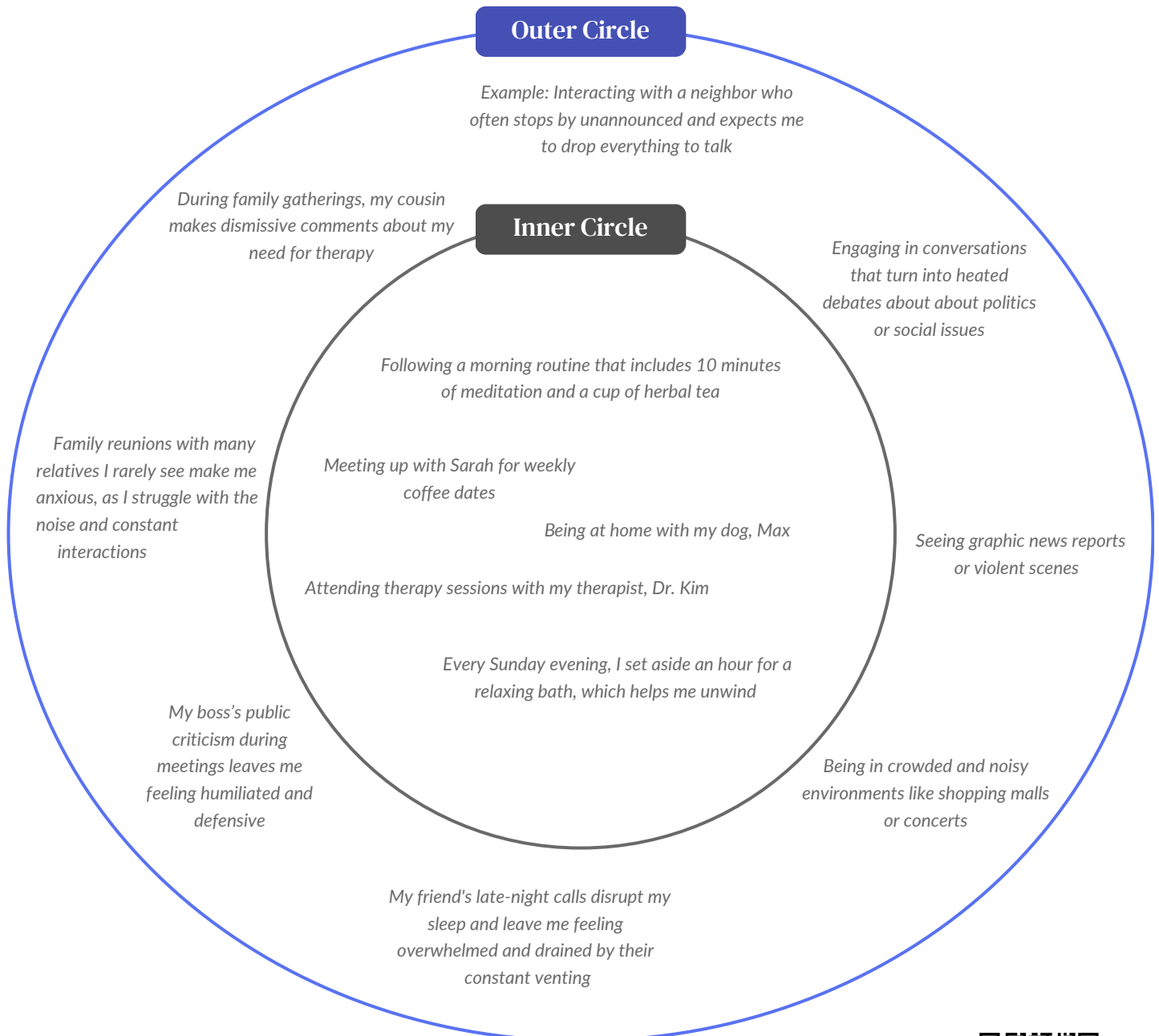


How to Set Healthy Boundaries

Negative thinking can often stem from a lack of boundaries. When others consistently overstep or demand too much, it can leave you feeling drained, overwhelmed, and unvalued—feelings that easily lead to negative thought patterns. **Setting boundaries is essential for protecting your mental and emotional well-being, making it easier to manage your thoughts and build a more balanced outlook.** Use this worksheet to explore your current boundaries and develop practical strategies to reinforce them.

PART 1: Visualize Your Boundaries

Inside the circle, write everything that makes you feel relaxed and safe. On the outside of the circle, write down anything or anyone that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.



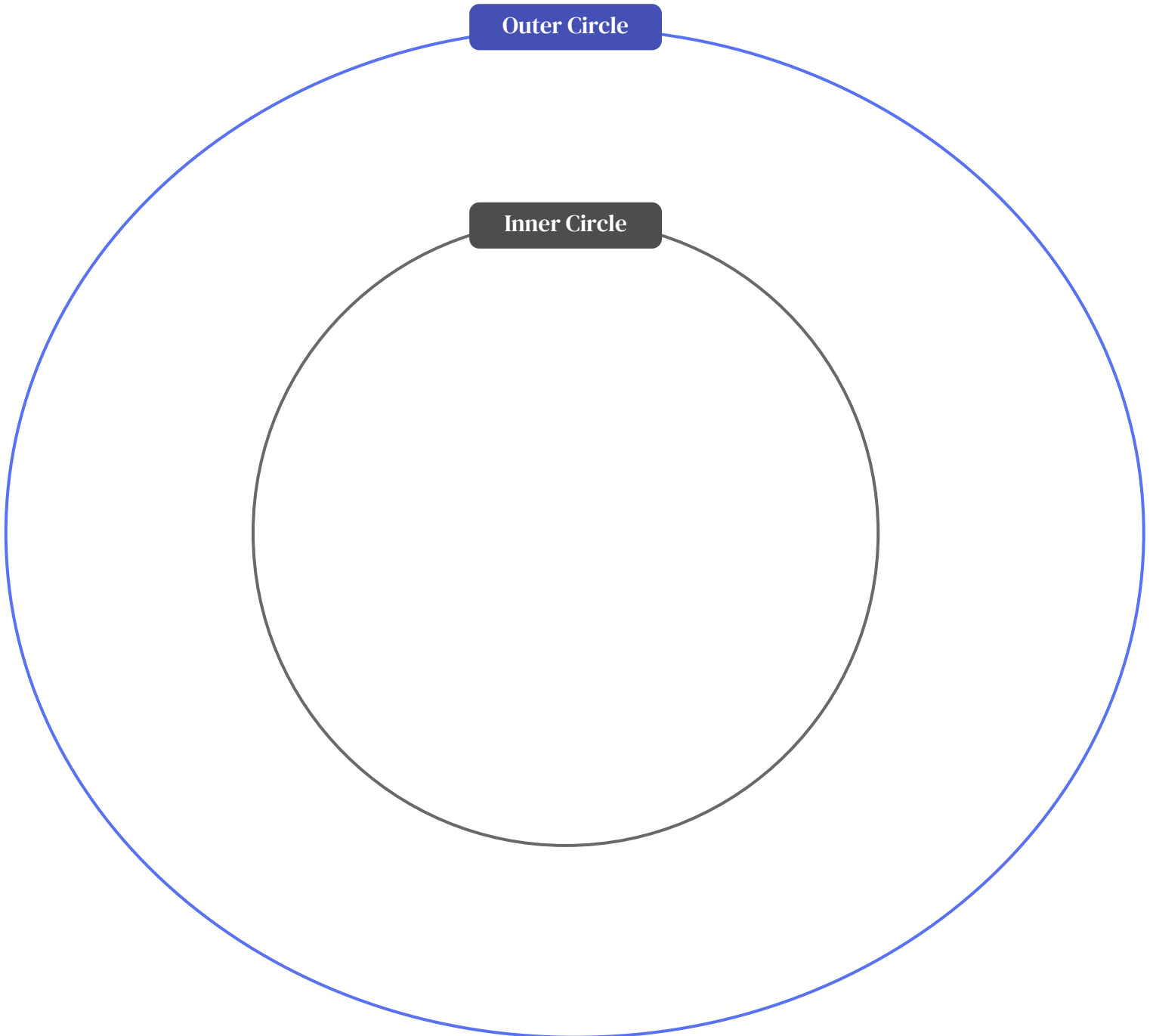
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How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- What is currently causing me stress or unease?
- What am I excited about each day?
- What do I find myself dreading each day?
- Who or what energizes and uplifts me?
- Who or what leaves me feeling drained and exhausted?
- Who or what helps me feel safe, supported, and valued?



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How to Set Healthy Boundaries

PART 2: How to Communicate Your Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Physical Boundaries

- "Please give me some physical space"
- "I am not comfortable with being touched right now."
- "I need to step away for a moment."
- "I prefer to keep a bit of distance, thank you."
- "I would appreciate it if you didn't stand so close."

Emotional Boundaries

- "I feel overwhelmed and need to take a break from this conversation."
- "I'm not comfortable discussing this right now."
- "I appreciate your concern, but I need some time to process my feelings alone."
- "Please respect my feelings on this matter."

Interpersonal Boundaries

- "I feel uncomfortable with this behavior and need it to stop."
- "I need you to respect my decision."
- "I am not okay with how you spoke to me."
- "Please do not involve me in this situation."
- "I need clarity and honesty in our communication."

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How to Set Healthy Boundaries

PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Example: My sister, who lives nearby, frequently drops by unannounced. Her unexpected visits often disrupt my personal time and the quiet environment I need to relax and recharge after work. Last week, she came over right when I was about to start a long-awaited self-care routine, and it completely threw off my evening.

Boundary I will set:

I will have a conversation with my sister to let her know that I need my home to be a space where I can relax and unwind without unexpected interruptions. I will ask her to call or text me before coming over to ensure it's a good time. I will emphasize that I still want to spend time with her but need to plan our visits in advance.

Any potential challenges:

My sister might feel hurt or think that she is not welcome anymore. She may perceive my request as a sign that I don't enjoy her company or that our relationship is less important to me. Additionally, she might not understand why this change is necessary if she feels that her visits haven't been a problem in the past.

How I will handle these challenges:

During our conversation, I will explain to my sister that her visits are important to me and that I value our time together. I will let her know that my request for advance notice allows me to take care of my mental health and personal needs. I will suggest specific times that work better for me. For example, I could say, "I really enjoy our time together and want to make sure I am fully present when we hang out. Could you call or text me before coming over to make sure it's a good time? I usually have more free time on Saturdays or after 6 PM on weekdays."

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How to Set Healthy Boundaries

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Boundary I will set:

Any potential challenges:

How I will handle these challenges:

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DBT PLEASE Skill

The PLEASE skill in dialectal behavior therapy (DBT) is a simple acronym that helps you remember the basics of mental and physical well-being. This worksheet will guide you through applying the PLEASE skill to manage intense emotions that get in the way of feeling good. **By taking care of your body and mind, you can reduce the low mood that can contribute to negative thinking.**



PL

Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.



E

Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.



A

Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.



S

Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.



E

Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.

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DBT PLEASE Skill

PHYSICAL ILLNESS: Take care of your physical health.

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

	M	T	W	T	F	S	S
Scheduled and attended doctors appointments							
Took medications							
Took a shower and washed face							
Brushed my teeth							
Moved my body							
Ate nutritious food							
Went outside							
Drank enough water							
Limited time on social media							
Cleaned the house							
Spoke to another person							

What challenges did you face when taking care of your physical health and how can you overcome them?

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.....

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DBT PLEASE Skill

BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

Food Consumed	How I Felt After Eating it
1.
2.
3.
4.
5.
6.
7.
8.
9.

Which foods made you feel the best & what foods do you want to avoid going forward?

.....
.....
.....

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DBT PLEASE Skill

AVOID MOOD ALTERING SUBSTANCES:

Evaluate your use of substances that may affect your mood.

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

What mood altering substances do you use?

What are your personal reasons for avoiding mood altering substances?

What steps can you take to reduce or eliminate these substances?

What challenges might you face and how can you overcome them?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



DBT PLEASE Skill

BALANCED SLEEP: Getting enough sleep is important to your mental health.

You should strive for 7 to 9 hours of sleep per night and establish good sleep habits to help regulate your mood.

With a sleep diary, you can log your bedtime, night awakenings, and morning wake-up times. This helps you see your sleep patterns and overall sleep duration, as well as how often your sleep is disrupted. Additionally, a sleep diary helps you track activities affecting your sleep. You'll note when you exercise, nap, take medication, or consume caffeine or alcohol.

INSTRUCTIONS: (1) Write the date and type of day: Work, School, or Day Off. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day. **SAMPLE ENTRY BELOW:**

Date	Type of Day	P.M.											A.M.											
		12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
7/12	Work		C					E		A		M	B	Z	Z	Z	Z		Z	Z	Z			

Date	Type of Day	P.M.											A.M.											
		12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10

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DBT PLEASE Skill

EXERCISE DAILY: Exercise is a great way to balance your mood.

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

DATE & TIME	TYPE OF EXERCISE	DURATION	INTENSITY

Which workouts did you enjoy the most & want to do more?

.....

.....

.....

What challenges did you face and how can you overcome them?

.....

.....

.....

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.