



Identify Your Own Self-Defeating Thoughts

1. Schedule this activity for 1-2 days on a calendar app on your phone or an online calendar.
2. Throughout each day, notice and list any self-defeating thoughts on a piece of paper or on your phone.
3. After 2 days, copy the thoughts that seem **most self-defeating** on this form. Save and submit.
4. After completing this exercise, return to "Thinking Better" and begin "Challenge and Replace Self-Defeating Thoughts".
