



Challenging and Replacing Self-Defeating Thoughts

In the space below, list three examples of self-defeating thoughts you've identified. These could be thoughts you noticed during the self-monitoring exercise. Reflect on patterns or recurring themes that may impact your mindset and well-being. On the next pages you'll answer questions that will help you replace these self-defeating thoughts.

Thought 1:

Thought 2:

Thought 3:

Your first self-defeating thought is:

	What is the evidence this thought is true?
	What is the evidence this thought is NOT true
	Does believing this thought offer hope for the future?
	What are some alternative ways I can view my situation?
	What positive action can I take?
	What sincere, helpful advice would I give to a friend?

Use your answers to the questions above to replace your self-defeating thought with something more positive, reasonable, and constructive.

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Your second self-defeating thought is:

	What is the evidence this thought is true?
	What is the evidence this thought is NOT true?
	Does believing this thought offer hope for the future?
	What are some alternative ways I can view my situation?
	What positive action can I take?
	What sincere, helpful advice would I give to a friend?

Use your answers to the questions above to replace your self-defeating thought with something more positive, reasonable, and constructive.

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Your third self-defeating thought is:

	What is the evidence this thought is true?
	What is the evidence this thought is NOT true?
	Does believing this thought offer hope for the future?
	What are some alternative ways I can view my situation?
	What positive action can I take?
	What sincere, helpful advice would I give to a friend?

Use your answers to the questions above to replace your self-defeating thought with something more positive, reasonable, and constructive.

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Reflection

Reflect on the helpful thoughts you've developed and compare them to your original self-defeating thoughts. This comparison highlights how negative thinking patterns can worsen your pain experience. By now, you should have a clearer understanding of the impact of self-defeating thoughts and the value of adopting more constructive and supportive perspectives.

Original Thought #1:

Replacement Thought #1:

Original Thought #2:

Replacement Thought #2:

Original Thought #3:

Replacement Thought #3: