STRATEGIC COUNSELING SOLUTIONS
HOPE, HEALING & RESTORATION

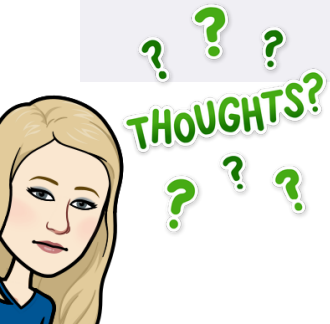
Negative Thought and Limiting Belief Challenge and Redirection

List the negative thoughts or limiting beliefs you'd like to change.

How do these thoughts and beliefs negatively affect your life?

List all of the evidence that the thoughts and beliefs are NOT true.

What are some different things you can tell yourself that are more helpful and encouraging?



Form created by Lori Allen, LPC-S April 2020

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Use this space to write more details about your thoughts and feelings

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