Talk Back to Negative Thoughts

Negative thoughts are what you say to yourself when you’re feeling sad, angry, anxious, or scared. If negative thinking becomes a habit, it can be very hard to stop. Here are 3 ways you can talk back to your negative thoughts. Write a negative thought in the space below, then choose which way you want to respond.

ONE NEGATIVE THOUGHT I HAVE IS

Example: I can’t do anything I used to

HOW WILL YOU TALK BACK?

REFRAME IT

CAN I THINK ABOUT THIS DIFFERENTLY?

Example: Maybe I can find a new hobby that’s a better fit

CHALLENGE IT

IS THIS REALLY TRUE?

Example: There are still many things I can do

CONSIDER IT

WHAT WOULD YOU SAY TO A FRIEND?

Example: You can always call on a friend for help

DID IT HELP?

YES. Great! Glad it helped!

NO. Why don’t you give it another try? Or, talk to your health care team for help.

Try each way to talk back to negative thoughts to find which one works best for you.

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