



the

OVERCOME NEGATIVE SELF TALK WORKSHEETS

HOW TO REFRAME AND REWIRE SO YOU
CAN REWILD AS A CREATIVE

a gentle, guiding, creative worksheet from
WWW.THEPEACEFULPAINTBRUSH.COM

ABOUT YOUR CREATIVE GUIDE



Founder Joanne Farley-Webb RA PGDip BA Dip RMT100 is a Royal Academy Of Arts trained contemplative artist, Creative Wisdom Medicine Guide and heart-centred collaborator based in Chichester, West Sussex.

The Peaceful Paintbrush takes a slow-living approach to traditional arts education and recognises creativity as medicine which reveals, informs and improves our health, well-being, sense of purpose, belonging, identity and quality of life gradually over time.

If you seek to connect, reflect, recover, heal, feel peaceful, slow down and are interested in introducing a creative element into your life...then read on and connect with me.

DISCLAIMER: THIS JOURNAL AND ITS CONTENTS ARE INTENDED FOR INFORMATIONAL AND SELF-HELP PURPOSES ONLY.

IT IS RECOMMENDED THAT YOU CONSULT WITH A PROFESSIONAL BEFORE MAKING ANY SIGNIFICANT CHANGES TO YOUR LIFESTYLE OR MENTAL HEALTH ROUTINE. ALWAYS SEEK PROFESSIONAL HELP IF YOU HAVE CONCERNS ABOUT YOUR MENTAL OR PHYSICAL WELL-BEING.



1. IDENTIFY AND LABEL

Take a moment to recognize when you engage in creative negative self-talk. When you catch yourself saying something negative about yourself, label it as "negative self-talk."

EXAMPLES

I'M A RUBBISH ARTIST

NEGATIVE POSITIVE

I'M NEVER GOING TO GET THIS RIGHT

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE

NEGATIVE POSITIVE



2. CHALLENGE THE THOUGHT

Once you identify and label your negative self-talk, take a moment to challenge the thought.
Ask yourself if the thought is true, and if not, what a more positive thought would be.

EXAMPLES

I'M A RUBBISH ARTIST

What evidence do I have that this is true? What could I do to increase my chances of success?

I'M NEVER GOING TO GET THIS RIGHT

Is this really true? What could I have done differently?

Blank box for identifying a negative self-talk thought.

Blank box for challenging the thought.

Blank box for identifying a negative self-talk thought.

Blank box for challenging the thought.

Blank box for identifying a negative self-talk thought.

Blank box for challenging the thought.

Blank box for identifying a negative self-talk thought.

Blank box for challenging the thought.

Blank box for identifying a negative self-talk thought.

Blank box for challenging the thought.

Blank box for identifying a negative self-talk thought.

Blank box for challenging the thought.



3. REPLACE THE THOUGHT

Once you have challenged the thought, replace it with a positive thought.

EXAMPLES

I'M A RUBBISH ARTIST

I'm learning new skills, and I can use the resources available to me to reach my goal.

I'M NEVER GOING TO GET THIS RIGHT

I made a mistake, but I can learn from it and do better next time.

Blank box for negative thought

Blank box for positive thought

Blank box for negative thought

Blank box for positive thought

Blank box for negative thought

Blank box for positive thought

Blank box for negative thought

Blank box for positive thought

Blank box for negative thought

Blank box for positive thought

Blank box for negative thought

Blank box for positive thought