

Untying Your Negativity Knots

Objective

To replace negative thoughts with realistic and more positive thoughts.

You Should Know

If you are feeling depressed, you might be tangled up in negative thinking. Negative thinking can lead to feelings that are knots of sadness, hopelessness, or worry. If you can untie your negative thoughts, you can feel less depressed, calmer, and more confident.

The first thing you will want to do is catch your thoughts before they tie your emotions into knots. If your mind is swirling with thoughts that bring you down, don't get overwhelmed – just work on one thought at a time, replacing negative thoughts with realistic and positive ones.

What to Do

First look at the example, and then you will identify your own knots.

Knot: *I can't keep up with my homework; I'm going to fail!*



What keeps me in knots?

1. *Good grades seem to come easy for my friends.*
2. *My parents put a lot of pressure on me to get good grades.*
3. *I get email notifications constantly reminding me I have missing assignments.*

Thoughts to untie this knot:

1. *I'm working really hard to catch up, and my teachers are all offering to help me.*
2. *My parents care about me no matter what grades I get, and I know they just want me to be successful.*
3. *I'm not going to fail; I am in touch with my guidance counselor, and she is going to help me find a tutor.*

Now in each example below, write down a thought that's keeping you tied up in knots. Write down the thoughts that are keeping you in knots. Then come up with positive, realistic, helpful thoughts to untie the negative knot.

Knot: _____



What keeps me in knots?

1. _____
2. _____
3. _____
4. _____

Thoughts to untie this knot:

1. _____
2. _____
3. _____
4. _____

Knot: _____



What keeps me in knots?

1. _____
2. _____
3. _____
4. _____

Thoughts to untie this knot:

1. _____
2. _____
3. _____
4. _____

Knot: _____



What keeps me in knots?

1. _____
2. _____
3. _____
4. _____

Thoughts to untie this knot:

1. _____
2. _____
3. _____
4. _____

Knot: _____



What keeps me in knots?

1. _____
2. _____
3. _____
4. _____

Thoughts to untie this knot:

1. _____
2. _____
3. _____
4. _____

Did this worksheet help you untie your knots, replacing them with alternative, realistic, positive thoughts? Why or why not?

What was the one thing that helped you the most as you untied your negativity knots?

What was the most challenging part of this activity?

What was the easiest part?

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 1 = extremely helpful)

What did you learn from this exercise?
