

REPLACEMENT THOUGHTS

Thoughts are sentences we tell ourselves. What we think about ourselves affects how our mood and behavior. It's important to identify harmful thoughts and replace them with helpful thoughts to avoid spiraling into a deeper depression. Depression can be improved by how we think and how we react to what happens to you.

by Ashlee Harvey

1

"I'M NOT ATTRACTIVE."

- There are physical traits that I can change, but I have to accept those I can't.
- I'm a good person with a great personality.

2

"I CAN'T TRUST ANYONE."

- There are some people you can't trust, and others you can't.
- I will focus on the people who are consistent in my life.

3

"MY MISTAKE RUINED EVERYTHING."

- My mistake caused some unfortunate events. But I won't stop working toward my goal.
- I can learn from my mistake.

4

"I WILL NEVER BE LOVED."

- I haven't met the person I'm supposed to be with yet.
- This is my time to focus on loving myself.

5

"MY LIFE IS AWFUL."

- Today was not my best day, but that is not a reflection of my life.
- Some bad things happened, but I can make tomorrow better.



This resource was created through personal life experiences, various writing exercises, and advice from mental health professionals.

6

"I'M A TOTAL MESS."

- I don't have to be perfect.
- There may be some things I'm not good at, but there is still a lot that I am.

7

"THERE'S NOT POINT IN TRYING."

- I am worth the effort.
- Just because this is not working out, doesn't mean I should give up.

8

"I SHOULD HAVE KNOWN BETTER."

- I tried my best with the knowledge and resources I had.
- I don't need to be so hard on myself.