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### “I REJECT IT” WORKSHEET

#### Instructions:

Think about and list some of the negative thoughts you sometimes engage in, write them in the “Negative Thought” column. Now write the positive opposite of that thought in the “Positive Thought” column. The next time your mind drifts to thoughts on the left hand side, say “I reject it” and replace it with its positive opposite on the right hand side.

Negative Thought	Defence	Positive Thought
<b>Example:</b> Why is my life so messed up	Now stop that thought by Saying “ <b>I Reject It</b> ”	<b>Example:</b> My life is great and wonderful, I am so blessed

**Remember:** Saying "I reject it" defends you from accepting that negative thought or belief - but you must reject it with conviction! If you accept negative thoughts you will feel negative, you must “**REJECT IT**”

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