

Challenging Negative Self Talk Songwriting

Identify negative thoughts you have about yourself in the first column. Then counter each negative thought with an empowering thought that is based in reality.

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

6. _____

6. _____

Write a verse for the negative thoughts

Write a verse for the empowering thoughts
