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Sex, Porn and Masturbation Addiction

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Countering Negative Thoughts

Negative thinking makes a huge impact on how successful your recovery is. When you think negatively, it is nearly impossible to find a solution to a problem or obtain inner peace. One way to overcome this way of thinking is to counter your negative thoughts.

Directions: Complete the questions below to counter a negative thought

1. I am upset because...

2. This situation makes me think...

3. My thoughts are making me feel...

4. To feel better, I need to remember...

5. I understand that...

6. I also need to remember...

7. When I remind myself of this I feel...
