

Name: _____

BAD SEED THOUGHT BUSTER

Step 1: Spot the Bad Seed: Write down a negative or untrue thought you've had recently.

"Bad Seed" Thought:

Step 2: Is This Thought a Weed? Check any that are true for this thought:

- ☐ This thought is mean or hurtful
- ☐ It makes me feel worse about myself
- ☐ It's not 100% true all the time
- ☐ It's something I wouldn't say to a friend

*If you checked any, it's probably a weed that needs pulling!

Step 3: Try a Thought Diffusion Strategy

Choose ONE of the following strategies and give it a try:

☐ Option 1. *Name It*

Say: "I'm having the thought that..."

Example: "I'm having the thought that I'm not good enough."

Try it here:

☐ Option 2. *Talk Back*

Imagine your best friend talking back to that thought.

What would they say to help you?

☐ Option 3. *Silly Voice*

Say the thought in a silly voice (like a robot, cartoon, or opera singer).

How did it sound?

☐ Option 4. *Cloud in the Sky*

Imagine the thought floating by on a cloud. Just watch it go.

What do you see as it floats away?

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Step 4: Plant a Truth Seed

Write a truth that's more helpful or kind.

New Thought (Truth Seed):

Reflection

How did it feel to challenge your negative thought?

*"We can inspire good thought thoughts about things that are true.
The beautiful design that's for me and for you!"*