

WORKSHEET 6.5: HELPFUL AND HARMFUL THOUGHTS

Below is a list of things that you may experience or may have experienced during pregnancy that may lead to helpful or harmful thoughts. For each sentence below please circle whether it makes you feel happy, positive and uplifted or if it makes you feel unhappy, negative or upset; or some of each.

- 0 = Not at all**
- 1 = A little bit**
- 2 = Sometimes**
- 3 = Always**

HELPFUL
Happy/Positive/Uplifted

HARMFUL
Unhappy/Negative/Upset

0	1	2	3	Your clothes don't fit.	0	1	2	3
0	1	2	3	Feelings about being pregnant at this time.	0	1	2	3
0	1	2	3	The impact of pregnancy/new baby and taking care of other children.	0	1	2	3
0	1	2	3	Thinking about your own previous pregnancies or births.	0	1	2	3
0	1	2	3	Thinking about your baby's appearance.	0	1	2	3
0	1	2	3	Spiritual feelings about being pregnant.	0	1	2	3
0	1	2	3	Comments from others about your pregnancy.	0	1	2	3
0	1	2	3	Changes in who you see or talk to.	0	1	2	3