IDENTIFYING MENTAL WEEDS AND FLOWERS

Everyone struggles with negative thoughts about themselves. This exercise can help you identify your “mental weeds” and determine what would be a “mental flower” to plant in its place.

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<th>MENTAL WEEDS</th>
<th>MENTAL FLOWERS</th>
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<td>List out any negative, unproductive thoughts you are having about yourself, your life, sex, etc. Pay attention to some of the common Thinking Errors: all-or-nothing/ black-or-white thinking; jumping to conclusions; personalizing/ blaming self; overgeneralizing; maximizing the negative; minimizing the positive; mind-reading; exaggerating; labeling &amp; mislabeling; “shoulding”; feelings over facts, etc.</td>
<td>Identify healthier, more positive messages to replace each mental weed you identify. Read them out loud or write them out frequently. Make them positive, specific, and present tense. Examples: I’m doing the best I can and my best is good enough; God and I together can overcome my weaknesses; I can make mistakes and still be okay; I know there’s something to learn from each slip, etc.</td>
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### Examples

- i.e. I don’t like sex. i.e. I enjoy being intimate with my spouse and look forward to our intimate time together.
- i.e. I hate my body. i.e. I am grateful for my body and all that it can do. I’m especially grateful that I can be intimate with my spouse.
- i.e. I have little interest in being sexual. i.e. I want to develop my sexuality, so that I can feel whole, and be able to love my spouse completely.

Identify the Weed • Pull it Out • Plant a Flower in its Place • Nourish the Flower

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