



Thought Challenge

Negative thought

(Write down the negative thought you are having)

Evidence that supports the thought

(Write down any evidence that supports the negative thought you are having)

Evidence that does not support the thought

(Write down any evidence that does not support the negative thought you are having)

Alternative thought

(Write down a new thought based on the evidence for and against)



REMEMBER!

Your evidence must be completely factual, don't make assumptions or use opinion. Ask yourself what you would tell a friend if they were thinking this way. By challenging your thoughts with evidence for and against, you will come up with more balanced thoughts.





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