



# 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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