

Challenge Your Negative Thoughts!

Examine your thinking. Be open-minded and test your thoughts!

Write a negative thought you have had below:

How does this thought make you feel or behave?

What is the evidence for the thought?

What is the evidence against the thought?

What would your best friend say if they heard your thought?

What would you say to your best friend if you knew they had this thought?

Is there a better alternative thought you could have now that doesn't leave you feeling bad? Write it here:

