

CHALLENGING NEGATIVE THOUGHTS

Challenging Negative Thought Patterns

Negative thoughts can be automatic. They are a common symptom of stress, depression and anxiety and take many forms, including self-doubt. When left unchallenged, negative thoughts develop into patterns, which in turn leads to a negative thinking cycle. This makes it even harder to change thoughts and identify potential solutions and positives rather than assuming the worst from every situation.

In this worksheet, I want you to think about a negative or irrational thought you may have on a regular basis. This could be a feeling that you are useless at your job, a fear that you will never find love, a belief that nothing in your life will ever get better or anything else that keeps coming up when you feel anxious or stressed. Once you have the thought in your head, answer the following questions.

Is there any real evidence to support this thought?

Is there any real evidence against this thought?

Do I have all the evidence I need before coming to any conclusions?

Am I making my own interpretation without having all the evidence?

Have I asked a friend or family member how they would think about the issue?

How would the thought look from a more positive perspective?

Will this thought still matter in six months, a year or a few years from now?