**Challenging Negative Thoughts**

Thoughts are always coming and going, sometimes so quickly that we don’t have to question them. Because our thoughts can impact our feelings and behaviour, its important to take a moment and any challenge negative thoughts we have. Remember that thoughts aren’t facts- they are only thoughts!

Choose a negative thought that comes up frequently for you and answer the following questions about it.

Thought to be challenged:

What is my evidence for this thought?

What is my evidence against this thought?

Am I looking at all the evidence or just the evidence that supports my thought?

Am I guessing what other people are thinking when I have this thought?

Is this thought based on any assumptions that might not be true?

Is this thought black and white? Look out for words like: always, never, right, wrong, good, bad- reality is often more complicated!

Is this thought based on a likely scenario, or only the worst-case scenario?

Did someone pass this thought onto me? Do I want to think the same thing as them, or do I have a different opinion?