

Exercise: Challenge Your Negative Thoughts

1. Identify one simple thought that you have noticed either about yourself or someone else.

The thought I want to examine is _____

2. Can you absolutely know it's true?

3. How would you react if you didn't have that thought?

4. Now turn the thought around to its opposite. Write it down.

My opposite thought is _____

5. How would you react when you believe this thought?

6. Which thought— your original or its opposite— feels more truthful? Which one serves you best? Remember, the questions aren't about changing your thoughts but about examining them.

Thought Log (Cognitive Restructuring)

This activity will help you challenge your automatic negative thoughts and create healthy alternative ones.

Situation (Triggering factor)	Symptoms (Emotional & physical) Rate emotion from 1-10	Negative Thought/Image	Alternative Healthy Thought	Outcome Re-rate your emotions 1-10

Review your worksheet and see what you can learn about the kinds of situations, thoughts, or feelings that triggered your negative thoughts. Answer the following questions:

1. Do you notice any patterns?

2. Do you tend to react more to some situations than others?

3. Are you particularly sensitive to certain comments from certain people?
