

# 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?

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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.

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### Thought Log (Cognitive Restructuring)

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

<b>Situation</b> (Triggering factor)	<b>Symptoms</b> (Emotional & physical) Rate emotion from 1-10	<b>Negative Thought/Image</b>	<b>Alternative Healthy Thought</b>	<b>Outcome</b> 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?

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

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

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- *Hadiah*, Counselor/ IneffableLiving Founder + Editor