

Challenging Unhelpful Thoughts

Taking a particular unhelpful thought, see if you can test it.
Ask questions to test whether your belief has any real basis.

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| Unhelpful Thought |
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| Challenges |
| Is there any evidence that contradicts this thought? |
| Can you identify any patterns of unhelpful thinking? |
| What would you say to a friend who had this thought in a similar situation? |
| What are the costs and benefits of thinking in this way? |
| Benefits: |
| Costs: |
| How will you feel about this in 6 months time? |
| Is there another way of looking at this situation? |



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| Balanced Thought |
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