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.

Unhelpful Thought	
$\Box$	
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?	
$\Box$	
Balanced Thought	
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