

## 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.

<b>Unhelpful Thought</b>



<b>Challenges</b>
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?



<b>Balanced Thought</b>