

Name:

Date:

# CHALLENGING NEGATIVE THOUGHTS

**Objective:** Learn to identify, question, and replace negative thoughts with more balanced and realistic thinking.

**Instructions:** Think about a recent situation that made you feel upset, anxious, or stressed. Complete each section to challenge your negative thought.

**Situation** (What happened?)

**Negative Thought** (What was the automatic thought in your mind?)

**Evidence That Supports This Thought**

**Evidence That Does NOT Support This Thought**

**A More Balanced / Realistic Thought**