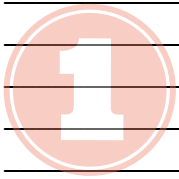


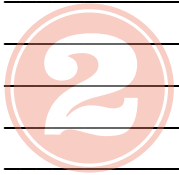
Challenging Negative Thoughts

Sometimes we can become so used to our negative thinking patterns and may not realize how unhealthy (and untrue) they may be. Using this worksheet, you will have the opportunity to challenge those thoughts in order to gain insight into if they are true or false based on what we are feeling in the moment.

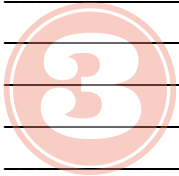
Negative thought that I'm having:



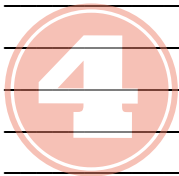
Evidence that makes this thought true:



Evidence that makes this thought false:



Is this thought based on facts or a projection of my current feelings?



What is an alternative thought?

