

# Challenging Negative Thoughts Worksheet

<b>Name:</b>	<b>Date:</b>
<b>Negative Thought(s)</b>	
<b>Questions to Challenge the Negative Thought(s)</b>	
<b>Questions:</b>	<b>Answers:</b>
<b>Is this thought based on facts?</b>	
<b>What evidence do I have to support it?</b>	
<b>What evidence do I have against it?</b>	
<b>Am I jumping to conclusions?</b>	
<b>What's the worst that could happen?</b>	
<b>Is there a more positive or realistic perspective?</b>	
<b>What advice would I give a friend in the same situation?</b>	