

Challenging Negative Thoughts Worksheet

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