Thought Stopping Worksheet

Name: Dex Miller

Situation/Trigger	Automatic Negative Thought	Evidence Supporting Negative Thought	Evidence Against Negative Thought	Alternative Positive Thought
Example: Running late for work	"I'm so disorganized, I'll never be able to get my act together."	I didn't wake up on time this morning. I forgot to set my alarm.	I usually wake up on time and get ready quickly. This was just one bad day.	"I'm going to focus on getting ready as quickly as possible and be on time for the rest of the week."
Receiving criticism from a boss.	"I'm not good enough, I can't do anything right."	My boss pointed out a mistake I made.	I've received praise from my boss before. Everyone makes mistakes sometimes.	"I appreciate my boss giving me constructive feedback. I'll learn from this mistake and do better next time."
Being rejected by a friend	"I'm unlikable and nobody wants to be around me."	My friend canceled plans we had made.	My other friends enjoy spending time with me. It's normal for plans to change sometimes.	"I'm going to reach out to another friend and make plans. I'm a good friend and I enjoy spending time with others."
Failing a test	"I'm stupid and I'll never pass this class."	I got a low grade on the last test.	I've done well on other assignments in the class. Everyone has strengths and weaknesses.	"I'll ask the teacher for help and study harder for the next test."
Public Speaking	"I always mess up and look foolish in front of people."	I've stumbled over my words in past presentations.	I've received compliments on my presentations and have successfully presented in front of large groups before.	"I have the skills and knowledge to deliver a great presentation. I will practice and prepare thoroughly to ensure a successful outcome."