

Challenging Negative Thoughts Worksheet

Name: _____ Date: _____

Negative thought(s)	
Questions to challenge the negative thoughts	
Questions	Answers
Is this thought based on facts?	
What evidence do I have to support it?	
What evidence do I have against it?	
What conclusions am I jumping to?	
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?	