

Challenging Negative Thoughts- Learn how to identify what you are thinking when you are feeling upsetting emotions. This exercise will help you to assess and challenge your irrational thoughts and replace them with rational alternatives. As soon as possible, write your thought or mental image in the appropriate column:

Date/ Hour	Situation	Automatic thoughts	Emotion / feelings	Behaviour	Evidence that supports the thought	Alternative thought	Emotion / feeling
	Where were you? What were you doing? Who were you with?	What thoughts were going through your mind? What memories or images were in my mind as you started to feel this way?	Emotions can be described with one word. E.g.: angry, sad, scared Rate your feelings on a scale of intensity 0=low to 10=high.	Describe how you behave when you think and feel this way.	What facts support the truthfulness of this thought or image? What experiences indicate that this thought is not completely true all of the time? If my best friend or someone I loved thought this way what would I tell them to help them feel less stressed and think more realistically? Are there any small experiences which contradict this thought? Could I be jumping to conclusions?	Write a new thought which takes into account the evidence for and against the original thought. Write a new thought which takes into account the evidence for and against the original thought. How I might feel or behavior, to the same situation, if I have a more helpful/realistic thought.	How do you feel about the situation Now? Rate your feelings on a scale of intensity 0=low to 10=high.

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