

Thought Challenging Map

Everyone has negative thoughts sometimes, but they become a problem when they start having an impact on the way we feel and stop us from doing or enjoying things. Try challenging your thoughts by following these simple steps:

- ✓ Break your thoughts down into single sentences
- ✓ Challenge each individual sentence based on the evidence it might be true
- ✓ Challenge each individual sentence based on the evidence it might not be true
- ✓ Adjust the thought so it is more helpful and accurate
- ✓ Take time to understand your thought patterns and consider starting a Thought Diary

What is the worry or unhelpful thought?	What is the evidence that it might be true/come true	What is the evidence that it might <u>not</u> be true/come true	How can you adjust the thought so it is more helpful and accurate