

Thought Challenging Worksheet

The situations we experience in life can cause, or trigger, us to have negative thoughts. Sometimes, we think of the worst thing that could happen or we find the most challenging part of a situation — causing us to feel strong negative emotions like anxiety, anger and/or sadness.

Use this chart to track the negative thoughts and difficult emotions that might come up after a variety of situations. Finally, try to challenge your negative thinking by finding a balancing thought.

For many people, our minds imagine a worst-case scenario, over-generalize or have difficulty finding middle ground. Ask yourself, what is likely to happen? Is this thought true in all situations? What is the middle ground or balancing thought? An example is provided below. Now, try filling out the chart yourself.

Situation	What negative thought came up after this situation happened?	What feeling did this thought cause?	What is a more balanced way to look at this situation?	What feeling do I have when I have more balanced thinking?
<i>I got a bad grade on a math test.</i>	<i>I must not be as smart as the other kids, and I might fail this class.</i>	<i>Fear, Embarrassment</i>	<i>If I study hard, I can do better next time. Nobody does perfect on every test, and one test alone doesn't mean I'm not smart.</i>	<i>Peace, Determination</i>