

Worksheet: Thought Challenging

<p>Step 1: Recognise the thought</p> <p>Ask yourself:</p> <ul style="list-style-type: none"> - What is going through my mind? - What could I be thinking if I guessed? - What have I been thinking when I've felt this before? 	<p>Step 2: Examine the thought</p> <p>Ask yourself:</p> <ul style="list-style-type: none"> - What is the evidence for this thought? - Is the thought helping me to feel or cope well? - Is this thought helping me to do what I want to do? - What would I say to a friend with this thought? 	<p>Step 3: Do something helpful</p> <p>Do Something:</p> <ul style="list-style-type: none"> - Make the thought more helpful and realistic. - Take action to solve the underlying problem. - Do something to help you cope or feel better.