

Thought Challenging Record

What am I doing? What is the situation?

What emotion(s) am I feeling?

What is my negative/unhelpful thought?

Evidence that supports the thought

Evidence against the thought

Balanced perspective?

To help you challenge your thinking, try asking yourself the following questions:

- *What is my unhelpful thought? What is the evidence for and against it?*
- *What would a friend say about this thought?*
- *How else could I view the situation?*
- *Is it helping me to have these thoughts?*
- *What positive information am I ignoring?*