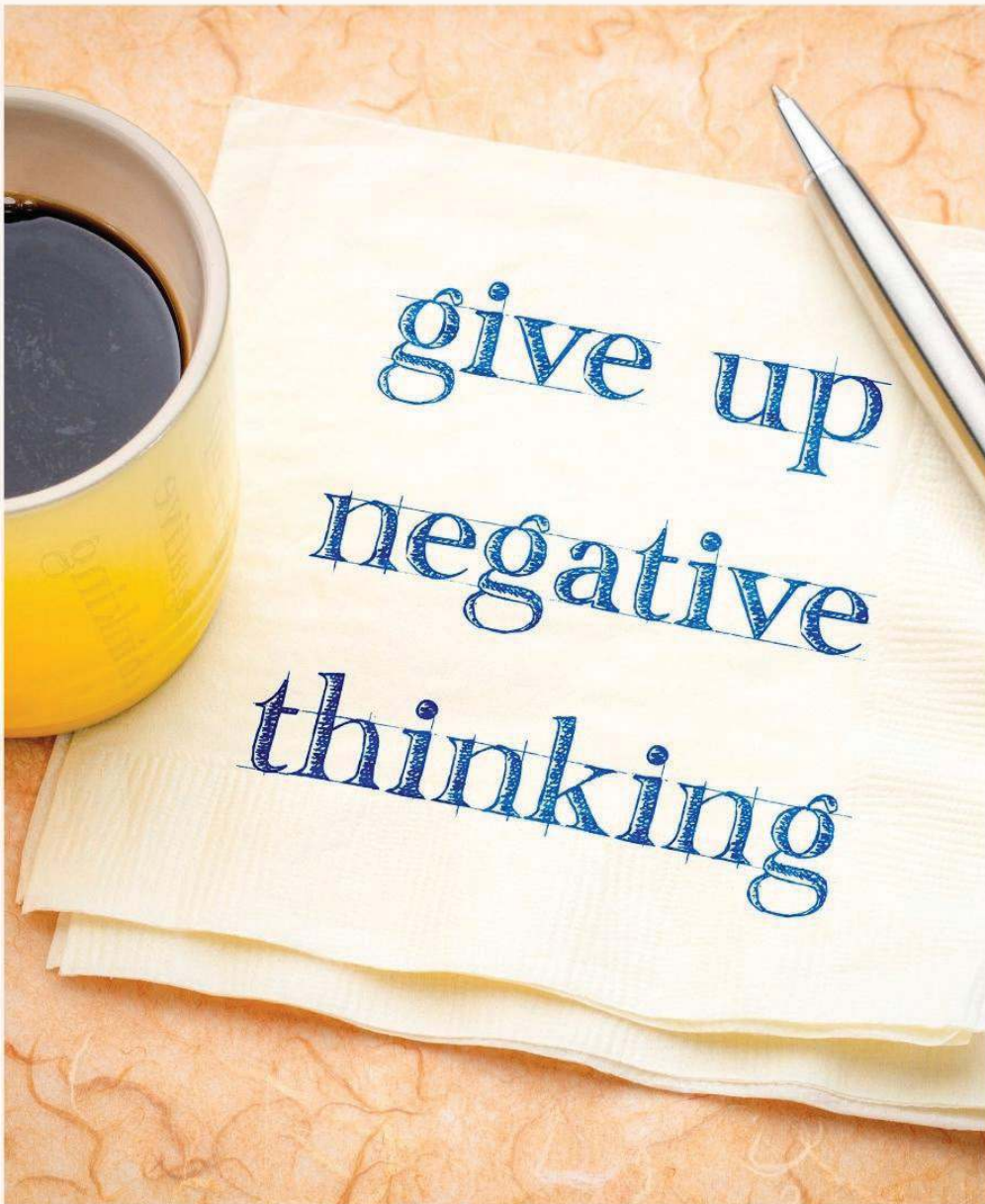


# worksheet

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Challenging Negative Automatic Thoughts

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When you are a victim of automatic negative thoughts, you can easily succumb to low self-esteem, anxiety, and depression. If you are used to appreciation and positive feedback, one negative comment can have a devastating impact on your mind. You will ponder over this single comment and make a mountain out of a molehill.

Your fixation with this negative comment has the power to pull you down and make you feel anxious and depressed. It can affect your physical health and mental wellbeing.

You can banish this negative thought from your mind only by challenging it. Changing the perspective can help you redefine it.

To do anything constructive in this situation, you need to have a thorough understanding of the negative thought. This worksheet can help you in this regard.

Answer these questions to get a better understanding of the negative thoughts troubling you.

Is your thought supported by any evidence?

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Am I trying to evaluate the circumstances without enough evidence?

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How would my friend deal with this situation?

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Can I interpret this situation in a positive light? How will it look?

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Will the incident matter to me a year on from now? Or five years later?

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