

Challenging Negative Thoughts Worksheet

Name Cedie White		Date February 27, 2023
Negative Thought: "I don't deserve to be successful."		
Questions to Challenge the Negative Thought:		
Questions	Answer	
Is this thought based on facts?	No, this thought is not based on facts. It's just a belief that I have about myself that doesn't necessarily reflect reality.	
What evidence do I have to support it?	I don't have any concrete evidence to support this belief. It's just something that I've internalized over time.	
What evidence do I have against it?	I have had successes in my life, and people around me have expressed confidence in my abilities.	
Am I jumping to conclusions?	Yes, I think I am jumping to conclusions by assuming that I don't deserve success. I am not considering all the evidence and only focusing on negative aspects.	
What's the worst that could happen?	The worst that could happen is that I continue to hold onto this belief and limit myself from achieving my full potential.	
Is there a more positive or realistic perspective?	Yes, I believe there is a more positive and realistic perspective. I can focus on my strengths and past successes to build my confidence. I can also challenge negative self-talk and replace it with positive affirmations.	
What advice would I give a friend in the same situation?	I would advise my friend to focus on their strengths and past successes, and challenge negative self-talk. I would also encourage them to set realistic goals and work towards them, while acknowledging that setbacks and failures are a natural part of the learning process.	