

Thought Stopping Worksheet

Name: _____

Situation/Trigger	Automatic Negative Thought	Evidence Supporting Negative Thought	Evidence Against Negative Thought	Alternative Positive Thought
Example: Running late for work	"I'm so disorganized, I'll never be able to get my act together."	I didn't wake up on time this morning. I forgot to set my alarm.	I usually wake up on time and get ready quickly. This was just one bad day.	"I'm going to focus on getting ready as quickly as possible and be on time for the rest of the week."