Challenging Negative Thoughts

Negative thoughts can impact our emotions, behaviors, and overall well-being. By challenging and reframing these thoughts, we can improve our mental health and develop a more positive outlook on life. This will guide you through the process of identifying, challenging, and reframing negative thoughts.

Step 1: Identify Negative Thoughts
Think about a recent situation that triggered negative thoughts. Write down the situation and the negative thoughts you experienced.

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Step 2: Challenge Negative Thoughts
What evidence do I have that supports this thought?

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What evidence do I have that contradicts this thought?

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Am I thinking in all-or-nothing terms?

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Am I making assumptions without concrete evidence?

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How would I view this situation if I were calmer or if a friend were experiencing it?

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What is a more realistic or balanced way of looking at this situation?

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