

## STEPS:

1. Identify the thought: Become mindful of the times you view a specific situation in a negative light.
2. Challenge it with the prompts below.
3. Find alternate ways of looking at the situation.

### 1. IDENTIFY YOUR NEGATIVE THOUGHT:

### 2. PROMPTS:



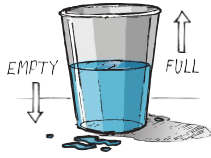
#### **Evidence**

- Am I confusing a fact with an opinion?
- What is the evidence for the negative thought?
- What is the evidence against the negative thought?
- Are there any small things that contradict the thought? Perhaps things that I am discounting as unimportant?



#### **Helpfulness**

- Are these thoughts helpful to me?
- Will thoughts like this help me to achieve my goals?
- Do thoughts like this truly have my best interests at heart?



### **Alternative perspectives**

[ ] If a good friend knew I were having this thought, what would they say to me?

[ ] If someone I loved had this thought, what would I tell them?

[ ] Am I making the mistake of assuming my perspective on this issue is the only one?

[ ] If I wasn't interested in punishing or condemning myself would I think in this way?

[ ] Ten years from now, if I look back on this situation, will I look at it any differently?

### **3. WRITE AN ALTERNATIVE THOUGHT NOW:**