Challenging and Reframing Negative Thoughts

Instructions: Use this worksheet to identify, challenge, and reframe your negative thoughts. Follow the steps below to explore the situations that trigger your thoughts, the emotions and physical reactions you experience, and how you can shift your thinking to more balanced and helpful perspectives.

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1. Identify the Situation

Describe the situation that triggered the negative thought.

- What happened?
- Where were you?
- Who were you with?
- What were you doing?

Example:
Situation: I made a mistake at work while giving a presentation.

Your Situation:

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2. Identify the Negative Thought

What was the negative thought that came to mind?

Example:
Thought: I'm a failure, and everyone thinks I'm incompetent.

Your Thought:

3. Identify the Emotions

What emotions did you feel when you had this thought?
Rate the intensity of each emotion from 0 (low) to 10 (high).

Example:
Feelings: Anxiety (7), Shame (8)

Your Emotions:

_____
_____
_____
_____

4. Challenge the Negative Thought

Now ask yourself the following questions to challenge your negative thought.

- **Is this thought based on facts or assumptions?**
- **What evidence do I have that this thought is true?**
- **What evidence do I have that this thought is not true?**
- **Have I experienced similar situations in the past? If so, what happened?**
- **What would I say to a friend who had this thought?**

Your Response:

_____
_____
_____
_____

5. Reframe the Thought

Based on the answers above, what would be a more balanced and realistic thought?

Example:
Reframed Thought: I made a mistake, but that doesn't mean I'm incompetent. Everyone makes mistakes, and I can learn from this experience.

Your Reframed Thought:

_____
_____
_____
_____

6. Notice the Change in Emotion

Re-rate the intensity of your emotions after reframing your thought.
Did they change? If so, how?

Example:
Feelings After Reframing: Anxiety (3), Shame (2)

Your Feelings After Reframing:

_____

_____

_____

_____

7. Practice and Reflect

Use this worksheet to practice challenging and reframing your negative thoughts regularly. How did this process feel? What changes did you notice?

_____

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_____