



Unhelpful thought worksheet

Pick a thought or two rewrite. Then, rewrite it following the steps below.

1. List all the reasons your thought might be true

What evidence makes me think this is true?

2. List the reasons your thought may not be 100% true all the time

If a friend thought this about themselves, what would you say to them?

3. Write at least one more-helpful way of thinking about yourself or the situation

Is there a more balanced, less judgmental way to sum it up?

4. Write a new, more helpful thought

How would you talk to a friend? Try using this voice with yourself.
