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PsychPoint
Challenging Negative Thoughts



Challenging Negative Thoughts

Automatic negative thoughts (ANTs) only have power to affect our mood and lives if we let them. Sometimes ANTs can make things seem like a bigger deal than they really are, and those negative thoughts can affect the way you perceive and react to the situation. It is important to know how to control ANTs as they do not control you. Next time you feel a negative emotion and feel yourself about to react, consider these questions:

What happened?

Why is this upsetting?

What is the negative thought? How does it make you feel?

How does what happened affect the next 5 minutes? 24 hours? 7 days?

How does what happened affect your quality of life?

How much power are you giving the negative thought?

Does that negative thought deserve the control it has over you?

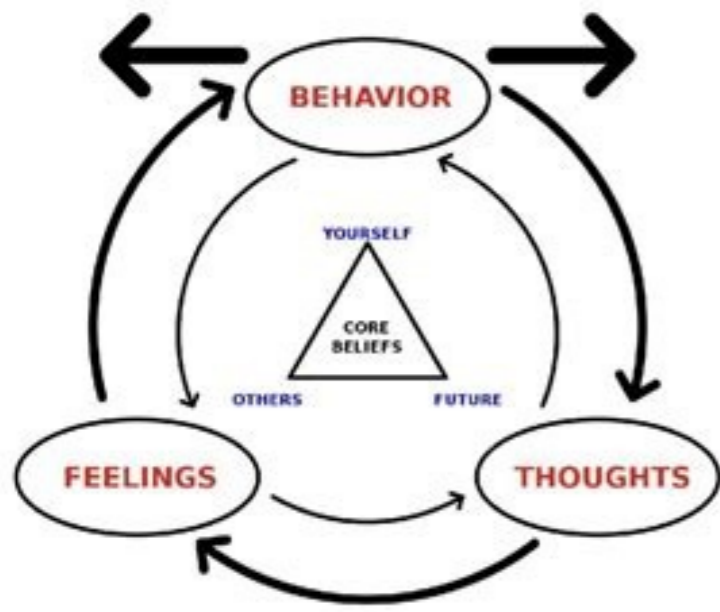
Next time you have this negative thought, what will you remind yourself to stay in control?

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CBT NEGATIVE CORE BELIEFS WORKSHEET

Core beliefs are the fixed false beliefs formed by your past negative experiences that start developing from our childhood and mature as we grow old. Core beliefs are formed by the continuous automatic thoughts that keep coming into our mind.



Write down what your internal core beliefs are about, yourself, the world, and the future.

Yourself

The world

CBT Thought Challenging Worksheet pdf

Write your thoughts and then give answers to the related questions stated below.

Thought

What is the evidence in favor of this thought?

What is the evidence against this thought?

Is this thought helpful for me?

Advantages of holding this thought?

Disadvantages of holding this thought?

This is my prediction or is it a reality and fact?

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