

Changing My Challenging Thoughts

Think back to an event that is affecting the way you think, feel or act now.

What was the event? Describe the event in detail.



Who was involved?



What were your thoughts?

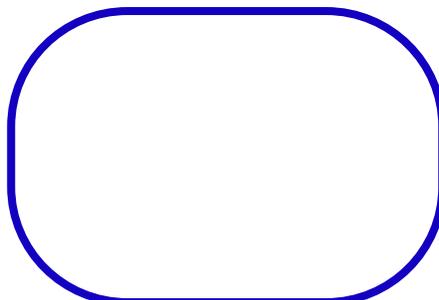


Why do you think this event happened?

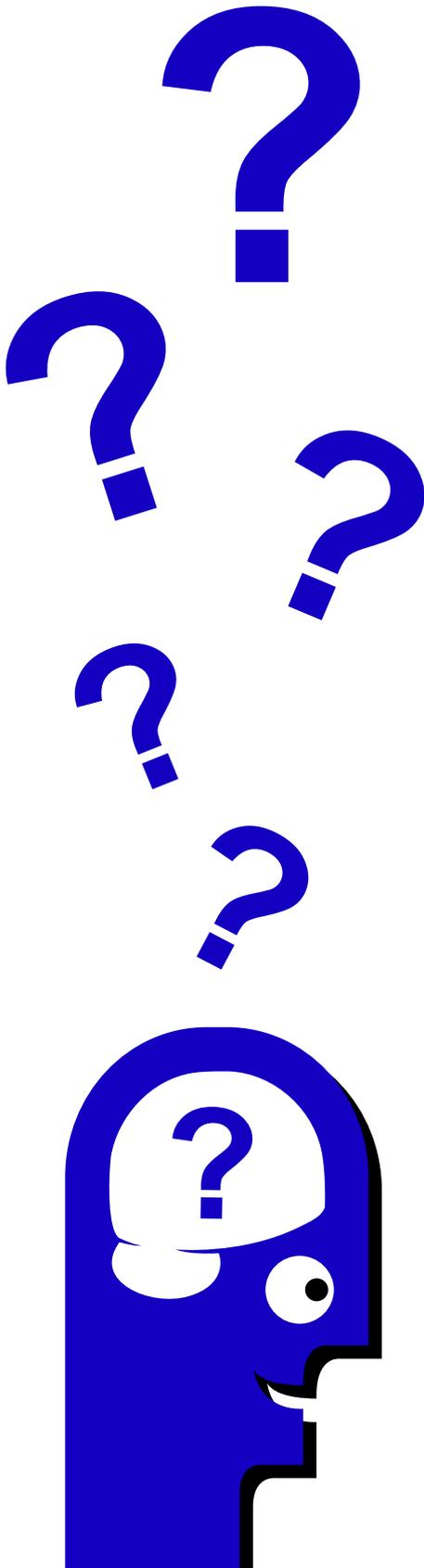
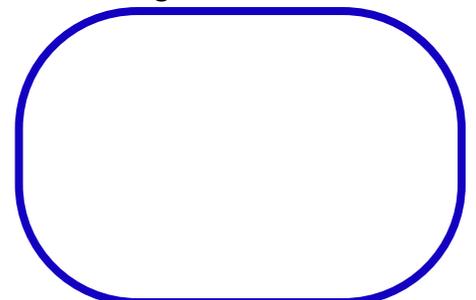


Can you control that event?

If yes, what can you do to make it different?

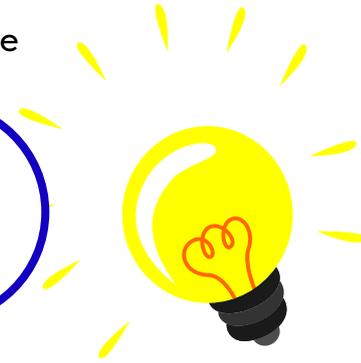


If not, what can be helpful to let go of that event?



Challenging thoughts related to past events

Evidence to support your negative thoughts about the event.



Evidence to disapprove your negative thoughts about the event.



How is that linked with your beliefs?



How is that linked with your actions?



What can be positive and functional thoughts to replace those negative ones when they arise?

