

## AUTOMATIC NEGATIVE THOUGHTS



## WAYS TO CHALLENGE NEGATIVE THOUGHTS

What is a more helpful thought?

What is another possibility?

What would the people who care about me say?

What is the worst that could really happen?

If my friend had this thought, what would I tell them?

Can I be 100% sure this is true?

If the worst really did happen, what could I do to deal with it and who could help me?

What is the best possible outcome?

