

humantold

Challenging Negative Thoughts

This activity is designed to help clients combat and rationalize some of their negative thoughts and/or worries. Specifically, it can be helpful for individuals who tend to catastrophize.

Thought/Worry	Evidence for	Evidence Against	What will I do Next?

Reflect: Take some time and reflect back on the negative thoughts you were having. Now, pay attention to the “Evidence for” and “Evidence Against” columns. How likely is this thought/worry to occur? Is there anything you can do about it immediately? Use the information in the Evidence columns to help ground you.
