



## Thought Challenging

WHERE WERE YOU?	HOW DO YOU FEEL?	NEGATIVE THOUGHT
<p>Example:</p> <p>At work. reading an email</p>	<p>Overwhelmed, anxious, worried.</p>	<p>I don't want to do this. It's too much. I'm already doing so many things this week. I can't deal with this. I don't even know when I'm home to be there for a delivery. I just can't.</p>
EVIDENCE FOR THE THOUGHT?	EVIDENCE AGAINST THE THOUGHT?	MORE HELPFUL THOUGHT? HOW DO YOU FEEL NOW? /10?
<p>I already worked a lot today so I don't have much spare time..</p>	<p>It might be pretty easy to make that call. I'm sure I can find 5 minutes to make a call. I might not have to be at home for the delivery.</p>	<p>I can just put 5 minutes aside and make the call. If I can't be home I can ask for help from my friends or family. I feel calmer. more confident to make the call. 5/10</p>

train your mind to see good in every situation

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