

Thought Challenging

WHERE WERE YOU?

HOW DO YOU FEEL?

NEGATIVE THOUGHT

Example:

At work. reading an email

Overwhelmed, anxious, worried.

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.

EVIDENCE FOR THE THOUGHT?

EVIDENCE AGAINST THE THOUGHT?

MORE HELPFUL THOUGHT?
HOW DO YOU FEEL NOW? /10?

I already worked a lot today so I don't have much spare time..

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.

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

train your mind to see good in every situation



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