



Challenging Irrational Thoughts

Are you dealing with negative or irrational thoughts?

While experiencing negative, irrational, or anxious thoughts is common, sometimes these thoughts can be overwhelming and unproductive. Put your thoughts on trial and assess their accuracy by asking yourself, "Is this thought based on fact or feeling?"



Try the exercise below to change your thought patterns.

For each negative thought you have, write down the evidence for and against supporting that thought. After assessing the evidence, reframe the thought into a positive one. Although this may be challenging at first, after some practice, you may find yourself thinking more positively.

Negative Thought	Evidence For	Evidence Against	Positive Thought