

# Worksheet 3:

## Challenge Your Thoughts

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**Instructions:** Use the worksheet below to monitor and challenge your negative thoughts that might arise when you are confronted with a stressful situation. The first line contains an example.

What is my thought?	What situation caused this thought to occur?	What evidence supports this thought?	What evidence doesn't support it?	Does the thought have enough evidence to be true?	How can you change the thought to be more helpful?
I'm not good at my job	Being at work	I didn't finish all I had to get done today	I finished my last project on time, my supervisor is proud of the work I'm doing, I help others out when I can	No	I had a tough day at work today, and that's okay