

# CHALLENGING NEGATIVE THOUGHTS

## AUTOMATIC NEGATIVE THOUGHTS

I'm a loser.  
No one likes me.  
Nobody cares.  
I always get in trouble.  
What if everyone  
laughs at me.  
I shouldn't have  
made that mistake.  
I'm a bad person.  
Why does this always  
happen to me?  
It's all my fault.  
No one understands  
me.  
Now everything  
is ruined.  
I can't do this.

## WAYS TO CHALLENGE NEGATIVE THOUGHTS

What is a more  
helpful thought?  
What is another  
possibility?  
What would the people  
who care about me say?  
What is the worst  
that could really happen?  
If my friend had this thought,  
what would I tell them?  
Can I be 100% sure  
this is true?  
If the worst really did  
happen, what could I do  
to deal with it and  
who could help me?  
What is the best  
possible outcome?