

Guided self-help worksheet to challenge negative thoughts

Re-frame your thinking

This worksheet helps you notice negative thoughts and replace them with more balanced ones. First, you have to “spot the thought.” Write down the negative thought that came into your mind: Example: “I always fail at everything.”

Then, write the evidence for & against: What facts support this thought? What facts go against it? For instance, think of the last time you did something well and how it made you feel. Then consider an alternative, more balanced thought. How else could I look at this situation?

Finally, make an action plan: “What’s one small thing I can do differently next time?” For example “Next time, I’ll pause and write down one piece of evidence that shows the thought isn’t 100% true.” Or “Next time, I’ll say one kind thing to myself, the way I would to a friend.”

Remember, this is a writing practice. Print this worksheet and use it whenever you need to reframe your thinking!

Step 1: Spot the Thought	Write down the negative thought that came into your mind: ----- ----- -----
Step 2: Evidence For & Against	What facts support this thought? What facts go against it? For: ----- ----- ----- Against: ----- ----- -----
Step 3: Alternative Balanced Thoughts	How else can I look at this situation? ----- ----- -----
Step 4: Action Plan	What’s one small thing I will do differently next time? ----- ----- -----