

Negative irrational thoughts are harmful beliefs you hold about yourself, others, or the world. These thoughts are often worst-case assumptions or judgments that impact self-esteem and mood. You can overcome irrational thoughts by spotting gaps in your reasoning and taking a more balanced perspective.

Instructions: Answer the following questions to challenge a thought.

1

What is the evidence for my thought?

2

What is the evidence against my thought?

3

Am I making assumptions that lack evidence? If so, what are they?

4

What would I tell a friend who's having this thought?

5

Will this thought matter in a year? In five years?

6

How does my thought change if I look at it from a more optimistic perspective?