

Multiple Thought Challenging

1. Use this table to challenge some of your unhelpful thoughts. Track what is happening and rate your feelings before you challenge a thought. Compare evidence that supports and does not support your unhelpful thought to create a new balanced thought. Finally, re-rate your feelings.

What's happening? (Just the facts)	Feelings (0-10)	My thoughts (underline the most unhelpful)	Evidence supporting the most unhelpful thought	Evidence against the most unhelpful thought	New balanced thought	Feelings (0-10)