

Practice Noticing, Challenging, and Replacing Self-Defeating Thoughts

INSTRUCTIONS: Because thoughts are automatic, you will need more practice to notice and gain control over your thinking. The next step is to monitor your thoughts for a few days. When you notice a self-defeating thought, follow the steps below to practice challenging and replacing the thought.

What is the evidence this thought is true?
What is the evidence this thought is NOT true?
Does believing this thought offer hope or promise for the future?
What are some other ways I can look at my situation? What are some more realistic, hopeful, and reassuring replacement thoughts?
What positive, constructive action can I take?
What sincere, helpful advice would I give to a friend who was having the same anxious thoughts?