

Challenging negative thoughts

Objective: to identify negative thoughts and replace them with alternative rational thoughts.

Situation

What happened?

Emotion

What did you feel and with what intensity (0–100%)?

Negative Thought

What thought arose?

Is there any pattern (e.g., catastrophizing*, overgeneralization**)?

Analysis

What evidence supports this thought?

What “evidence” do I have?

Alternative Rational Thought

How can you reframe it more realistically?

How do you feel now (0–100%)?

💡 Practical Tip:

It is not always possible to change a thought immediately.
The goal is to see the situation more clearly, not to force optimism.
And don't forget, challenging negative thoughts requires practice.

***Catastrophizing:** a cognitive distortion characterized by the tendency to anticipate and exaggerate the negative consequences of a situation, imagining scenarios much worse than the most likely outcomes.

****Overgeneralization:** a cognitive distortion characterized by the tendency to draw a broad conclusion from a single event, assuming that something that happened once will occur in all similar situations.

