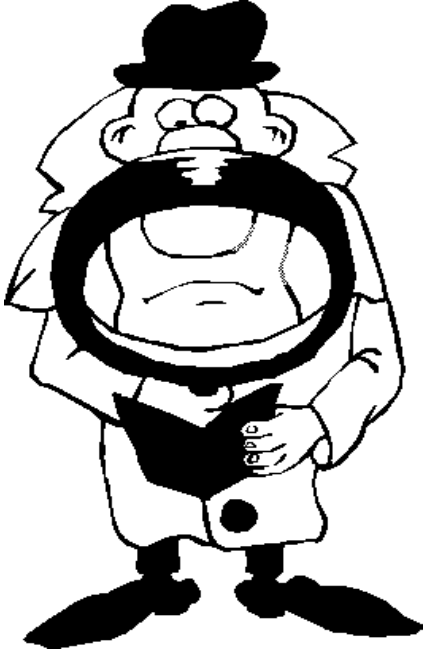


Challenging Negative Thoughts: Where's the Evidence?



Sometimes negative thoughts are so familiar, we don't stop to question whether or not they are actually true. From now on, pretend you are a detective searching for evidence. What are the clues that support your negative thought? What are the clues that don't?

Below are some questions to consider that can help you challenge your negative thoughts:

- ★ **What proof do I have that my negative thought is true?**
- ★ **Is there any evidence that doesn't support my negative thought?**
- ★ **If I've had this negative thought before, has it always been accurate?**
- ★ **Can I be 100% sure that my negative thought is true? If not, why not?**