

MENTAL WELLBEING WORKSHEET

Challenging Automatic Negative Thoughts

1. Recognize and Isolate Your Thought

Building awareness creates an opportunity to challenge and refute negative thoughts.

1. Stop and **pause** for a moment, recognize your thoughts.
2. Pay attention to your **body** and **emotions**.
3. Isolate and focus on the **negative thought** and try to separate it from who you are.
4. Try to use an external viewpoint of this negative thought.

2. Write Down Your Thought

Focus on what the thought is really about. Write it out. After emptying your thoughts in writing, you should feel a sense of relief and comfort.

3. Distress Level

Identify the distress level (1 = Calm, 10 = Extreme).



4. Type of Thought

Identify the type of thought (cognitive distortion) you're experiencing:

- Polarized thinking
- Mental Filtering
- Overgeneralization
- Jumping to Conclusions
- Catastrophizing
- Personalization
- Blaming
- Labelling
- Always Being Right
- Should Statements
- Emotional Reasoning
- Control Fallacies
- Fallacy of Change
- Fallacy of Fairness
- Heaven's Reward Fallacy

5. Challenge and Reframe Thought

Challenge the cognitive distortion by evaluating evidence, focusing on positives, and avoiding thinking in extremes (Refer to list of challenges):

1. Challenge and refute negative thoughts
2. Modify language and internal dialogue
3. Replace negative distortions with positive healthy thoughts
4. Write down the more reasonable reframed thought

6. Re-Evaluate Distress Level

Re-evaluate the distress level (0-10) and compare it to step 3. If the distress level has not decreased, consider repeating the exercise again.

