

Balance Your Thoughts

This Thought Balancing Worksheet is designed to help you identify and challenge negative or unhelpful thoughts and replace them with balanced ones, grounded in reality. This process can help reduce anxiety and improve mental well-being. Working on this worksheet with your therapist can provide additional insights and support, making it easier to recognize patterns in your thinking and develop strategies for change.

Fill the table below with your thoughts and reflections. We've added examples to help you.

Trigger	Automatic Thought	Evidence Supporting the Thought	Evidence Against the Thought	Balanced Thought
I was not invited to my friend's party.	"They don't like me and I'm going to lose all my friends."	I wasn't invited to the party.	This friend has invited me to other events, they might have had a limited guest list, and I have other friends who value me.	"This doesn't mean my friends don't like me. There could be many reasons for it, and I still have friends who care about me."
I received a critical comment from my boss about my recent project.	"I'm terrible at my job and I'm going to get fired."	My boss pointed out a few mistakes.	My boss also mentioned areas where I did well and I received positive feedback on other projects. One critical comment does not mean I will be fired.	"While my boss pointed out some mistakes, they also acknowledged my strengths. I can learn from this feedback and improve."