



**TRACKING
SELF-DEFEATING
THOUGHTS
WORKSHEET**

Anxiety: Tracking Self-Defeating Thoughts Worksheet

Challenging self-defeating beliefs that lead to anxious thoughts can be a great tool. Complete the following each day.

Event	Feelings	Automatic Thoughts	Challenge the Thoughts
Fight with my boyfriend	Fear, worry, obsessing	He's going to leave me! I love him and I don't want to lose him.	Reality: We had a disagreement. We will talk it through. We've had bigger problems and survived.