

Challenging Negative Thoughts

Anxiety and depression can often be the result of irrational negative thoughts. Challenging irrational thoughts can help us change them.

Answer the following questions to assess your thought:

- Is there enough evidence for my thought?
- Is there evidence *opposing* my thought?
- Am I attempting to interpret this situation without all the evidence?
- What would a friend think about this situation?
- If I look at the situation positively, how is it different?
- Will this matter a year from now? How about 5 years from now?