

Worksheet 2a Challenge Your Thoughts

Refer to the habitual thoughts you've just listed.

Now, create some questions for each thought that will challenge their validity, their truth?

Try and come up with 3 for each.

Example: Everybody's looking at me?

Who specifically is looking at me? Could they be doing something else, like glancing my way?

Habitual Thoughts	Questions to challenge your thoughts Thought to replace instead (eg find a reference of past success)
I can't do this?	What specifically can't I do? Can I find an example where I have done this before?

Extra Reflection -

What did you notice about your thoughts when you challenged them?

Did anything change?

Were you able to notice any new thinking that you've never thought of before?

Keep a journal and write notes of what you've noticed.