

Worksheet: Working with Negative Thoughts

Date: _____

Situation: _____

Thought(s):

1. What's the worst that can happen?
2. What's the best that can happen?
3. Even if the worst happens, what could I do to cope?
4. How will this situation seem several years from now?
5. What would I tell a good friend if they were experiencing this?
6. What are some steps I can take to influence the situation?

Balanced, alternative thought: