

### Exercise: Alternative Thoughts: Practicing Reframing

Think of an automatic negative thought that you are challenging. Write it in a single sentence, as specifically as you can.

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Create alternative thoughts to challenge it by answering the following questions:

1. What evidence do you have that this thought is true - evidence that would hold up in a court of law?

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2. What evidence do you have from your own experience that this thought is not true?

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3. Would other people agree with you that the thought is true?

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4. Is this thought helpful or hurtful to you?

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5. Are you making a judgement call based on the way you feel instead of on objective facts?

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6. If someone you care about told you they had the exact same thought, what would you tell them?

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7. Are there benefits to thinking this way? If so, what are they?

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8. Are there costs to thinking this way? If so, what are they?

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9. How likely is it that your thought is 100 percent true? Even if it is possible, is it probable?

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10. What are some alternative explanations for your original thought?

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