

Challenge Your Thoughts

Our minds often get stuck in negative thought patterns that make us doubt ourselves and feel overwhelmed. This worksheet is here to help you challenge those thoughts and gain a clearer, more balanced perspective.

Use the questions below to guide your thinking and turn self-doubt into something more manageable.

1. Am I jumping to conclusions?

2. Could there be another way to see this situation?

3. What are some other possible outcomes?

4. Do I have any evidence to support this worry?

5. What advice would I offer a friend in the same situation?

6. Is this something within my control, or is it beyond my influence?