

Worksheet – Thought challengers

Example

Stevie has no credit for his phone and his parents have said that they won't give him money until the weekend.

Unhelpful thought: My parents are so unfair, they never give me credit.

Thought challenger: Is this really true?

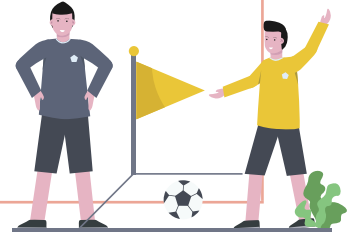
Helpful thought: My parents usually give me credit for my phone, but I think it's unfair that they won't give it to me until the weekend.

Sam waved at the coach, who walked by without responding. There was a team selection taking place that evening at training.

Unhelpful thought: He doesn't want to be friendly to me now and then leave me off the team later.

Thought challenger:

Helpful thought:



Callum told a story that he thought was funny, but no one laughed.

Unhelpful thought: Everyone thinks I'm stupid.

Thought challenger:

Helpful thought:



Lucy had an argument with her dad.

Unhelpful thought: We have a terrible relationship.

Thought challenger:

Helpful thought:



Daire messaged a new friend two hours ago and he hasn't responded.

Unhelpful thought: He doesn't want to be friends with me.

Thought challenger:

Helpful thought:

