

## Worksheet – Thought challengers

### Example

Callum 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?

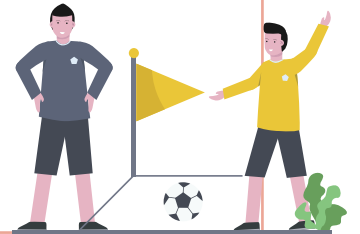
**Helpful thought:** My parents usually give me credit for my phone, but I think it's unfair that they won't give it to me until the weekend.

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:**



Stevie told a story that she 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:**

