

Steps To Challenge Automatic Negative Thoughts

Automatic negative thoughts are powerful thoughts that can change your perception of a situation and the way you feel about and react to a situation. It is important to know how to challenge an automatic negative thought. When you know how to challenge an automatic negative thought, you will be able to see the objective reality of the situation, and find a balanced resolution about how you are affected and how you should respond to the problem. Follow the 3 steps to challenge an automatic negative thought.

Step 1. Reflect On The Situation

What is the situation? What are your initial thoughts and feelings about the situation?

In what way do you want to respond to this situation?

Step 2. Challenge Automatic Negative Thoughts

What are your negative thoughts about this situation? What cognitive distortions are in play?

Evidence to support your negative thoughts.

Evidence to disprove or invalidate your negative thoughts.

Step 3. Create A Balanced Thought

Balanced thought and Resolution:

Are your negative feelings about the situation as intense as before? Yes / No

How will you address this situation in a healthy, productive, and proactive way?
