

Breaking down and neutralising negative thoughts

Describe what happened?

Negative Thoughts	Positive Thoughts	Neutralising/Challenging Thoughts
e.g., I always mess things up.	e.g., I handled that situation well.	e.g., Everyone makes mistakes. I can learn from this.

Emotions

What did you feel when this happened? Rate the intensity of these feelings from 0–100%

_____ (___%)	_____ (___%)
_____ (___%)	_____ (___%)

Reflection

(What did you learn from this experience? What can you do differently in the future?)
