

Automatic Negative Thoughts Worksheet

By following the same pattern, write down your own automatic negative thoughts .

Situation	Emotions	Automatic thoughts	Challenge your automatic negative thoughts

Steps involved in challenging your automatic negative thoughts

Identify the faulty perception



Name the cognitive distortion

(Catastrophization, Labeling, Personalization, for reference please see our other worksheet of cognitive distortions and thinking traps)



Look for evidence against and for



**Create an alternative thought
&
Keep repeating the alternate thought**