## **Challenging Negative Thoughts about Yourself**

Most of us have negative thoughts about ourselves at least on occasion. It is possible to learn to think more objectively and positively about yourself. Doing so can help boost your self-esteem. Use this worksheet to record negative thoughts that you have about yourself. When you realize that you are engaging in negative self-talk, add the thought to the form – including details about what brought on the thought (where you were & what you were doing). Then immediately challenge the negative thought – think though why it might not be true. Put the thought on the stand and cross exam it! Finally, try to come up with a more balanced, less negative self-statement.

Negative self- statement	What brought on the thought	How the thought makes you feel	Evidence that does not support the thought	Alternative thought	How the new thought makes you feel