**Change those negative thoughts**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Number | Negative thought | What makes you believe it? | What would your friend say? | What would you say to someone who has these thoughts? | Do you believe them now? |
|  |  |  |  |  | Yes / No |
|  |  |  |  |  | Yes / No |
|  |  |  |  |  | Yes / No |
|  |  |  |  |  | Yes / No |
|  |  |  |  |  | Yes / No |
|  |  |  |  |  | Yes / No |

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