**Challenging Your Negative Thoughts**

| Situation or Trigger | Feelings: Emotions felt and bodily sensations  | The negative thoughts(visual or not) | Truth that supports the negative thoughts | Truth that goes against the negative thoughts  | More realistic or balanced perspective on the thought | Result:How do you feel after reasoning with yourself? |
| --- | --- | --- | --- | --- | --- | --- |
| Ex. I have been broken up with | Ex. Intense emotions of sadness, feeling pain in my chest and stomach | Ex. I will never find love or meet anyone new ever again | Ex. You probably won’t meet anyone exactly like your ex | Ex. There are hundreds of thousands of people out there you will for sure get along with | Ex. Dating is a trial and error experience. This will tell you what you liked and didn’t like about your relationship | Ex. More calm, less overwhelmed with emotion, clearer head, still feeling hurt |