

Challenging Automatic Negative Thoughts Sheet 1.1

Thought	Argument for	Argument against	Is the original thought true or false?	New Thought
I never succeed. I am a failure. Everyone is disappointed in me.	I did not do well in my last exam	I have done well in exams before and my teacher has said they are proud of me	False	Just because I did not do well in one test that does not mean I fail at everything.