

Challenging a hot thought with example

The hot thought:

Use the box below to write down what your hot thought is.

I'm useless

Evidence against the thought:

Use the box below to make a list of evidence against the hot thought.

I am a good friend – I listened to Jane (who is going through a divorce) on the phone last night. She said she felt better after talking to me.

My boss complimented me on how I handled a difficult phone call from someone who was upset and needed help. He had noticed how hard I try to help people.

My gran is getting older now and finds it hard to get out. I do her food shopping for her every week.

I didn't go to college but I am studying for my exams at night school. It's hard juggling work and college but I am sticking with it.

I am a great salsa dancer!