

Ten steps to challenging an unhelpful thinking style



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Step one: Use a thought diary to identify unhelpful thinking style

Step two: Explore the thought

What is the unhelpful ANT (automatic negative thought(s) that keep coming back to you?

Step three: Consider what you are doing or what is happening when you have this thought

Step four: How does it make you feel?

How does the ANT make you feel on the mood scale 1-10? (one being most positive, 10 being most negative)

Step five: Challenge the thought

What evidence is there for this thought?

Evidence for:

Evidence against:

Step six: Is your ANT a negative predication ('What if' thinking)?

What are the real chances of this happening?

What is the worst thing that could happen?

Step seven: What would a friend say to you about this ANT?

Step eight: How helpful is this way of thinking?

Step nine: What would be a more helpful and accurate way of thinking?

Step ten: Put this into action. How did it make you feel?

What is your mood now on a scale 1-10? (one being most positive, 10 being most negative)