

Challenging negative thoughts: Catch it, Check it, Change it

Sometimes we can get stuck in negative thought processes and get trapped in thinking traps. This worksheet is designed to help you work through these experiences.

Catch it: Pick a negative or unhelpful thought you have

Check it: Think about if this thought is true, or whether you are getting stuck in a thinking trap

Change it: How can you change this thought to be less scary and more helpful