

Accurate Thinking Plan – challenging unhelpful thinking

What Thinking Card/s best describes your unhelpful thought?

When you experience this unhelpful thought/s what kind of thing do you actually think?

What alternative ways can you think of looking at the thought/s?

Are there facts that contradict the unhelpful thought/s you have?

Write down one or more helpful thinking cards that could help you when you have thoughts like this.

Decide when, and how often, you plan to use that helpful thinking over the next week