

Challenging Thoughts

Unhelpful thought

My friend cancelled on me yesterday. No one wants to spend time with me because I'm an awful person.

Counter-balance

We normally spend lots of time together - that wouldn't happen if she didn't like me. Sometimes people are just busy.

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Trigger

Automatic thought

New thought

I missed a deadline.

I'm going to get in lots of trouble for this and people will think I'm lazy, incompetent or stupid.

Everyone makes mistakes - it's just part of being human. I'm going to apologise and make sure the work is done.

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Thought:

Evidence for:	Evidence against: