

Challenging Stressful Thoughts

Use the following table to challenge your limiting beliefs and thinking errors:

<p>Step 1: Think of a situation or event in which you felt stressed and note it down.</p>	
<p>Step 2: Note down how you felt and how you behaved in that situation.</p>	
<p>Step 3: As you think about the stressful situation/event and re-experience the feelings you had, note down the thoughts you had.</p>	
<p>Step 4: Look at the thoughts you had and see what underlying beliefs led you to think that way. Challenge your thinking and beliefs. Are they:</p> <ul style="list-style-type: none">• logical?• realistic (supported by the evidence)?• helpful?	
<p>Step 5: Identify a more helpful belief and way of thinking about that event or situation and note it down.</p>	