

CHALLENGING NEGATIVE THOUGHTS 8

"Am I 100%
_____ will
happen?"

Is this fact
or fiction?

What did
God Say?

Has this
happened
before?

Is this a
possibility
or a
certainty?

Does this
align with
scripture?

Will this
alter my
future in
any way?

Is this
thought true
to you?

Am I
pondering
on this
thought?

What would
you tell a
friend who
had this
thought?

What's the
alternative
to this
thought?

Where did
this thought
come from?

Would your
friend
believe this
thought?

Whats the
worst that
can happen?

What do you
believe?