

# Ten steps to challenging an unhelpful thinking style



[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

**Step one:** Use a thought diary to identify unhelpful thinking style

**Step two:** Explore the thought

What is the unhelpful ANT (automatic negative thought(s)) that keep coming back to you?

**Step three:** Consider what you are doing or what is happening when you have this thought

**Step four: How does it make you feel?**

How does the ANT make you feel on the mood scale 1-10? (one being most positive, 10 being most negative)

**Step five: Challenge the thought**

What evidence is there for this thought?

| Evidence for | Evidence against |
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**Step six: Is your ANT a negative predication ('What if' thinking)?**

What are the real chances of this happening?

What is the worst thing that could happen?

**Step seven:** What would a friend say to you about this ANT?

**Step eight:** How helpful is this way of thinking?

**Step nine:** What would be a more helpful and accurate way of thinking?

**Step ten:** Put this into action. How did it make you feel?

What is your mood now on a scale 1-10? (one being most positive, 10 being most negative)