

Irrational Thoughts Reflection

1. What irrational thought did I notice?

Write down the exact thought. Was it catastrophic (“This will ruin everything”), self-blaming (“This is all my fault”), or unrealistic (“If it’s not perfect, I’ve failed”)?

2. What triggered this thought, and how did it make me feel?

Describe what was happening at the time. What emotion or physical reaction came up? (e.g., anxiety, racing heart, shame)

3. Is this thought really true? What’s the evidence for and against it?

Challenge the thought like a detective:

- What facts support it?
- What facts contradict it?
- How would I respond if a friend had this thought?

4. A more balanced, helpful thought I can try instead is...

Examples:

- 💬 “This is uncomfortable, not catastrophic.”
- 💬 “I’ve handled things like this before—I can cope.”
- 💬 “Just because I feel anxious doesn’t mean something bad is happening.”