

Balancing Thoughts

Please identify any anxious or self-critical thoughts that go through your head over the next week. Write them down in the left hand column. In the right hand column write down one or more possible Balancing Thoughts for each anxious thought. A Balancing Thought can be anything that might put the anxious thought into perspective or put a more realistic or constructive element to it – or at least a slightly less negative one.

If it helps, imagine what you might say to a friend in your situation, or imagine what a helpful friend might say to you.

Anxious Thoughts	Balancing Thoughts
Example: 'What an idiot I am – I never seem to get things right!'	Example Balancing Thought: 'You said something you regret. It's not the end of the world. Everybody makes mistakes. Just apologise if you can and try to act differently next time.'