

FINDING ALTERNATIVE THOUGHTS

Use this worksheet to fill in possible alternative thoughts.

Thought	Feeling How strong?	New alternative thought	Feeling How strong
I won't understand what anyone's talking about	Stupid 100%	If I don't understand I'll listen and ask someone later	Stupid 80%
The teacher will think I'm lazy	Embarrassed 90%	If I ask for help they will know I'm not lazy	Embarrassed 50%
I'm a real loser	Sad 100%		
I'll feel even worse	Hopeless 100%		
Everyone will look at me	Embarrassed 100% Unliked 100%		
I'm just not as popular as the others	Unliked 90%		