

## Fighting Irrational Thoughts With Logic

Many of our negative thoughts are based in fear, and have no rational basis.

This simple worksheet can be a useful way to identify irrational thoughts and dig into their underpinning assumptions, so they seem less credible.

Doing this exercise can help you create a habit of challenging those assumptions - this makes it easier to create a fresh, replacement thought instead.

An example is provided to get you started.

Irrational Thought	Logical Response	Fresh Thought
<i>E.g. I always do poorly on exams because I get nervous.</i>	<i>E.g. I've passed many exams in my life, despite feeling nervous.</i>	<i>E.g. Feeling nervous about exams is normal. It doesn't mean I'll do poorly at all.</i>