

Countering Negative Thoughts

Come up with a rational counterstatement for each of the negative thoughts below.

Negative Thought	Rational Counterstatement
I got into trouble at work—They'll probably want to fire me soon because I can't do my job right.	Example: I made a mistake at work, but everyone does that from time to time. I usually get a lot of positive feedback about my work. I'll be careful not to make that same mistake again.
My husband was angry yesterday and he yelled at me for not feeding the dog. I'm a bad wife.	
How will I ever get a date? Everyone else seems like more fun than me.	

Now come up with some examples of negative thoughts and rational counterstatements from your own life.

Negative Thought	Rational Counterstatement