

Behavioral Activation Toolkit

Worksheet 2: Managing and Challenging Thoughts

Step 1: Monitor Your Thoughts

Write down any negative or troubling thoughts you've noticed today:

- Thought 1: _____
- Thought 2: _____
- Thought 3: _____

Step 2: Identify Triggers

What situations or events triggered these thoughts?

- _____

Step 3: Reframe Your Thoughts

Challenge each negative thought by asking: "Is this thought completely true? What evidence supports or refutes it?"

- Negative Thought: _____
 - Challenged/Reframed Thought: _____
- Negative Thought: _____
 - Challenged/Reframed Thought: _____

Step 4: Replace with Positive Affirmations

Write down affirmations that resonate with you. Example: "I am capable of handling challenges."

- Affirmation 1: _____
- Affirmation 2: _____
- Affirmation 3: _____