Öğrenme ve Öğretmeyi Geliştirme
Uygulama ve Araştırma Merkezi
Center for Advancing Learning and Teaching

Challenging Negative Thoughts Worksheet for Students

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Challenging Negative Thoughts Worksheet for Students

This worksheet helps students identify and challenge negative thoughts related to academics, reducing stress and improving mental well-being.

Step 1
Identify Negative Thoughts

Example

"I'm never going to pass this exam."

Write down a recent negative thought about your academic performance.

Step 2
Examine the Evidence

What evidence supports this thought?

"I struggled with past exams."

What evidence contradicts it?

"I have studied more consistently this semester, and I understand the material better."

Step 3
Examine the Evidence

Is this thought based on facts or assumptions?

What alternative, more balanced thoughts could you consider?

"I may have struggled before, but I'm making progress. I can do better this time with focused study."

Step 4
Reframe the Thought

Create a more positive or neutral version of the thought.

"I've been preparing more, and I can do well on this exam if I keep studying."

Step 5
Practice Self-Compassion

What would you say to a friend who was having the same thought?

"You've worked hard, and one exam doesn't define your entire academic journey. Keep pushing forward!"