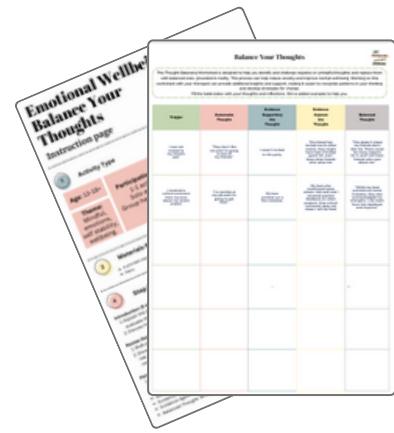


# Emotional Wellbeing: Balance Your Thoughts

## Instruction page



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### Activity Type

<b>Theme:</b> Mindful, emotions, self stability, wellbeing.	<b>Challenge Level</b> <b>EASY</b>
<b>Resource Format:</b> Interactive worksheet PDF worksheet	<b>Age:</b> 11-18+
	<b>Participation Style:</b> 1-1 activity Solo activity Group handout - solo play

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### General Activity Info

The Thought Balancing Worksheet is designed to help participants identify, challenge, and reframe negative or unhelpful thoughts. By examining these thoughts from multiple perspectives, individuals can create a more balanced and realistic view, reducing anxiety and promoting healthier thinking.

This activity encourages reflection and critical thinking, allowing participants to better understand their automatic thoughts and replace them with more grounded, constructive ones. Using this worksheet with a therapist or in a supportive group can provide valuable insights and strategies for improving mental well-being.

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### Materials Needed

- A printed copy of the resource.
- Pens.

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### Step by Step Instructions

#### Introduction (5 minutes)

1. Explain the purpose of the Thought Balancing Worksheet: to identify negative or automatic thoughts, evaluate the evidence supporting and against them, and create a more balanced thought.
2. Discuss how challenging negative thoughts can help reduce anxiety and promote healthier thinking.

#### Review Examples (5 minutes)

1. Walk participants through the examples provided in the worksheet.
2. Show how a trigger (such as not being invited to a party) leads to automatic thoughts (e.g., "They don't like me"), followed by evidence supporting or contradicting that thought, and how a balanced thought can be formed.

#### Personal Reflection (10-15 minutes)

1. Ask participants to think of a recent situation where they had a negative automatic thought.
2. Fill in the table with their own example:
  - Trigger: What event or situation triggered the negative thought?
  - Automatic Thought: What immediate thought did they have in response?
  - Evidence Supporting the Thought: What evidence supports that thought?
  - Evidence Against the Thought: What evidence contradicts the negative thought?
  - Balanced Thought: What is a more balanced or realistic thought based on the evidence?

# Balance Your Thoughts

This Thought Balancing Worksheet is designed to help you identify and challenge negative or unhelpful thoughts and replace them with balanced ones, grounded in reality. This process can help reduce anxiety and improve mental well-being. Working on this worksheet with your therapist can provide additional insights and support, making it easier to recognize patterns in your thinking and develop strategies for change.

Fill the table below with your thoughts and reflections. We've added examples to help you.

Trigger	Automatic Thought	Evidence Supporting the Thought	Evidence Against the Thought	Balanced Thought
I was not invited to my friend's party.	"They don't like me and I'm going to lose all my friends."	I wasn't invited to the party.	This friend has invited me to other events, they might have had a limited guest list, and I have other friends who value me.	"This doesn't mean my friends don't like me. There could be many reasons for it, and I still have friends who care about me."
I received a critical comment from my boss about my recent project	"I'm terrible at my job and I'm going to get fired."	My boss pointed out a few mistakes.	My boss also mentioned areas where I did well and I received positive feedback on other projects. One critical comment does not mean I will be fired.	"While my boss pointed out some mistakes, they also acknowledged my strengths. I can learn from this feedback and improve."
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