Thought Challenges

* That thought isn’t helpful right now.
* Now is not the time to think about it. I can think about it later.
* This is irrational. I’m going to let it go.
* I won’t argue with an irrational thought.
* This is not an emergency. I can slow down and think clearly about what I need.
* This feels threatening and urgent, but it really isn’t.
* **I don’t have to be perfect to be OK.**
* I don’t have to figure out this question. The best thing to do is just drop it.
* **It’s OK to make mistakes.**
* I already know from my past experiences that these fears are irrational.
* **I have to take risks in order to be free.**I’m willing to take this risk.
* It’s OK that I just had that thought/image, and it doesn’t mean anything. I don’t have to pay attention to it.
* I’m ready to move on now.
* **I can handle being wrong.**
* I don’t have to suffer like this. I deserve to feel comfortable.
* That’s not my responsibility.
* That’s not my problem.
* **I’ve done the best I can.**
* It’s good practice to let go of this worry. I want to practice.

Modified from Source: https://www.winona.edu/resilience/Media/Self-Talk-Worksheet.pdf