

Hot Seat Activity

Name: _____

Questions you can use to argue against unhelpful negative thoughts:

OTHER WAYS TO THINK ABOUT IT

Is there another way to look at this?

Is there another reason why this would happen?

WHAT WILL HAPPEN NEXT

Even if this thought is true, what's the worst thing that can happen?

Even if this thought is true, what's the best thing that can happen?

What is the most likely thing to happen?

PLAN OF ATTACK

Is there anything I can do about this?

CHECK THE FACTS

How do I know this is true?

Has this happened to me before?

Has this happened with other people or in other situations?

Hot Seat Exercise

Name: _____

In the box, write something that happened to you that made you upset. Then write down some of the thoughts you had under "Negative Thoughts." Use the questions on the Hot Seat Activity worksheets to find new ways of thinking about what happened. Refer to the Hot Seat Exercise Example worksheet to see how to do it.

What happened:

UNHELPFUL THOUGHTS

HOT SEAT THOUGHTS
