




**Thought Challenger**

<b>Situation</b>	<b>Emotion %</b> 	<b>Negative thought</b> 	<b>Evidence +</b>	<b>Evidence -</b>	<b>Alternative thought based on evidence</b> 
<p>Sat in the kitchen thinking about my friend that cancelled on me</p>	<p>Sad 75%</p>	<p>I bet they had better things to do and didn't want to see me.</p>	<p>They sent a text to cancel</p>	<p>They may be going through a difficult time</p> <p>I don't know the reason they cancelled</p> <p>They haven't cancelled before</p>	<p>By assuming that they cancelled on me because they had better things to do, is mind-reading on my part.</p> <p>Although I am disappointed, I do not know the reason why they cancelled.</p> <p>They have not cancelled before and I am sure they will tell me when they are ready.</p>

