A PAUSE, A PRACTICE, A NEXT STEP

Thought Challenging

Look for a fairer view, without forcing positivity.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Name the moment

Write one sentence about what happened, then name your feeling. Keep the facts separate from guesses.

01 / Notice and reflect

Am I using “always” or “never”?

02 / Notice and reflect

What small action addresses the actual problem?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for support if the exercise becomes repetitive, increases distress, or keeps you stuck. Therapy can help tailor thinking skills to your needs.

Read more: VA · Cognitive behavioral therapy for depression

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.