

Challenging Automatic Thoughts

Worksheet

Requiring the full application of one's abilities, attention, or resources: a challenging role for an inexperienced performer; a challenging homework assignment. Challenging definition: Requiring the full application of one's abilities, attention, or resources. Difficult, hard to do. Challenging refers to something that requires significant effort, skill or resilience to undertake or accomplish due to its complexity, difficulty or demand. / 'tʃæləndʒɪŋ / us Add to word list difficult to deal with or achieve, especially in a way that forces you to prove your skill or determination to succeed: a challenging and exciting job that will offer you the ... Definition of challenging adjective in Oxford Advanced American Dictionary. Meaning, pronunciation, picture, example sentences, grammar,

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