

CHALLENGING YOUR UNHELPFUL THINKING STYLES

- What is the evidence that this thought is true?

- What is the evidence that this thought is not true?

- What would I tell a friend if he/she had the same thought?

- What would a friend say about my thought?

- Am I 100% sure that _____ will happen?

- How many times has _____ happened before?

- Is _____ so important that my future depends on it?

- What is the worst that could happen?

- If it did happen, what could I do to cope with or handle it?

- Is my judgment based on the way I feel instead of the facts?

- Am I confusing “possibility” with certainty”? It may be possible, but is it likely?