CHALLENGING NEGATIVE THINKING

Questions to help challenge your negative thoughts or self-talk:

⇒ What's the worst that could happen?

⇒ Have I confused a thought with a fact?

⇒ Is this a hassle or a horror?

⇒ What would a friend say about my thought?

⇒ How many times has _____ happened before?

⇒ Is _____so important that my future depends on it?

⇒ Am I falling into a thinking trap? (e.g. catastrophizing or overestimating)

⇒ 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?

⇒ Am I 100% sure that _____ happened before?

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

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

⇒ Am I confusing "possibility" with "certainty"? It may be possible, but is it likely?