



QUESTIONS

EVIDENCE THAT DOES NOT SUPPORT MY HOT THOUGHT(S)

- What would my trusted friend/family say to me about my current way of thinking, what evidence would they use to suggest my thoughts were not entirely true?
- What advice would I provide my best friend or family member if they had this same thought?
- Will this bother me in 1 hour, 1 day, 1 week, next year? If not why am I so troubled now?
- How will I interpret this situation in 5 years? Will it really be that bad? Is there another part of the situation to focus on?
- What experiences have I had to show this thought is not completely true all the time?
- Am I being too self-critical?
- What is the worst possible outcome? What is the best possible outcome? What is the most likely outcome?
- How did I get through similar experiences in the past? What did I learn then that I could use now?
- Do I think the facts in column 4 are truer than they are because of emotional reasoning? Are feelings the same as facts?
- Am I jumping to premature conclusions in column 3?
- What purpose are my thoughts serving? What do I gain? What do I lose?
- What strengths and positives in me or the situation am I ignoring or minimizing?
- What helps me feel better?
- Am I really responsible for this outcome? For other's behavior? Am I blaming myself for something that is out of my control?
- When I'm not feeling this way how do I think about this type of situation?