

QUESTIONS TO HELP FIND EVIDENCE THAT DOES NOT SUPPORT YOUR NEGATIVE THOUGHT

Just because we have a thought it doesn't mean it is true!

1. If my best friend or someone who loves me knew I was thinking this thought, what would they say to me? What evidence would they point out to me that would suggest that my thoughts were not 100% true?
2. If my friend had this thought, what would I tell them?
3. What is the worst thing that can happen if this thought is true?
4. Am I using global thinking and using words like *always* or *never*, *all* or *nothing*, *everything* or *nothing*, *everyone* or *no one*. Am I over-generalizing, exaggerating, and/or catastrophizing the event and the impact of the event?
5. Am I thinking in black and white terms? Are there shades of grey or a middle ground point of view I can consider?
6. Am I underestimating how well I will cope? Am I ignoring my strengths and over-focusing on my weaknesses? Are there any strengths or positives in me or the situation that I am ignoring?
7. When I am not feeling stressed or down, do I think about this type of situation any differently? How?
8. When I have felt this way in the past, what did I think about that helped me feel better?
9. Am I worrying about what others think? Is it really likely they are thinking negatively about me and if yes, is it the end of the world if they do. Why do I value their opinion?
10. Am I anticipating disaster? How likely is it that a negative outcome will occur? Have I been in this type of situation before? What happened? Is there anything different between this situation and previous ones? What have I learned from prior experiences that could help me now?
11. Five years from now, if I look back at this situation, will I look at it any differently? Will I focus on any different part of my experience?
12. Am I jumping to any conclusions in columns 3 and 4 that are not completely justified by the evidence?
13. Am I mind-reading what I think another person is thinking/wants?
14. Am I blaming myself for something over which I do not have complete control?
15. Am I being perfectionistic? How can I be kinder to myself? Do I hold other people to this high standard? Is it realistic to expect anyone to be able to do what I am expecting of myself?