

CHALLENGE NEGATIVE THINKING

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

- Am I falling into a thinking trap (e.g., *catastrophizing* or *overestimating danger*)?
- What is the evidence that this thought is true? What is the evidence that this thought is not true?
- Have I confused a thought with a fact?
- 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 facts?
- Am I confusing “possibility” with “certainty”? It may be possible, but is it likely?
- Is this a hassle or a horror?