



CHALLENGING YOUR THOUGHTS AND BELIEFS QUESTIONS

NAMING THE EVENT, THOUGHT, AND FEELING

- Identify the stressful event here. What happened?
- What thoughts am I having? What am I imagining?
- How much do I believe it? (Rate 0-100)
- What does this thought make me feel?
- How strong is this feeling? (Rate 1-100)

QUESTIONING THE THOUGHT

- What evidence do I have that this is true or accurate?
- What evidence do I have that this is not true or, at least, not completely true?
- Is there another way to look at this? If so, what is it?

- What's the worst thing that could happen? Would I still be able to live through it?
- What's the best thing that could happen?
- What will most likely happen?
- What might happen if I keep repeating this thought in my head?
- What might happen if I changed my thinking about this?
- What might I tell my friend if this happened to her or to him?

MOVING FORWARD

- How much do I still believe the negative thought now? (Rate from 0-100)
- How strongly do I feel the negative emotion now? (Rate from 0-100)
- What should I do for myself now? (This article features a list of coping strategies.)
- After going through this process, is there any other action I might choose to take now?