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?