

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., <i>catastrophizing</i> or <i>overestimating danger</i>)?
	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 thatwill happen?
	How many times hashappened before?
	Isso 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?