Challenging Negative Thinking

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

• Am I falling into a thinking trap (for example, catastrophizing or mind-reading)?
• What is the evidence that this thought is true? What is the evidence that this thought is not true?
• What would I tell a friend if he or she had that thought?
• Am I confusing a “possibility” with a “probability,”? It may be possible, but is it likely?
• Am I 100% sure that ____________ will happen?
• How many times has ____________ happened before?
• Is ____________ really so important that my future depends on it?
• What is the worst that could happen?
• Is this a hassle or a horror?
• If it did happen, what can I do to cope or handle it?