

TESTING AUTOMATIC NEGATIVE THOUGHTS

Useful questions:

1. What evidence do I have for this thought? Is there any alternative way of looking at the situation? Is there any alternative explanation?
2. How would someone else think about the situation?
3. Are your judgements based on how you felt rather than what you did?, e.g. Were your actions competent/appropriate even though you felt anxious.
4. Are you setting yourself an unrealistic or unobtainable standard? e.g. I have to be at my best all the time.
5. Are you forgetting relevant facts or over focussing on irrelevant facts?
6. Are you thinking in all or nothing terms?
7. Am I over-estimating how responsible I am for the way things work out?
Am I over-estimating how much control I have over how things work out?
8. What if it happens? What would be so bad about that?
9. Are you overestimating how likely an event is?
10. Are you underestimating what you can do to deal with the problem or situation?
11. How have you dealt with similar problems in the past?
12. What would other people say are your strengths and resources.