

Challenging your automatic thoughts

1. What evidence is there for this thought?
 - ⇒ Is there any alternative way of looking at this?
 - ⇒ Is there any alternative explanation?
2. How would someone else think about the same situation?
3. Are my judgments based on how I felt rather than what I did?
4. Am I setting myself unrealistic or unobtainable standards?
5. Am I forgetting relevant facts or over focussing on irrelevant facts?
6. Am I thinking in all-or-nothing terms?
7. Am I over-estimating how much control I have over the way things work out?

Am I over-estimating how responsible I am for the way things work out?
8. What if it happens? What would be so bad about that?
9. How will things be in ___ months/years time?
10. Am I over-estimating how likely this event is?
11. Am I underestimating what you can do to deal with the problem/situation?