Challenging Unhelpful Thoughts

Taking a particular unhelpful thought, see if you can test it.
Ask questions to test whether your belief has any real basis.

Unhelpful Thought

Challenges

Is there any evidence that contradicts this thought?

Can you identify any patterns of unhelpful thinking?

What would you say to a friend who had this thought in a similar situation?

What are the costs and benefits of thinking in this way?

Benefits:

Costs:

How will you feel about this in 6 months time?

Is there another way of looking at this situation?

Balanced Thought