

Challenging Questions checklist

Here are some questions you can ask yourself any time you need to combat negative thinking:

- Is there any other way of looking at the situation?
- Is there any other explanation?
- How would someone else, like a friend, think about the situation? Or what would you tell a friend who had the thought?
- Am I using all or nothing thinking? Is there a middle ground?
- Am I expecting more of myself than I do of other people?
- Am I overestimating (or underestimating) how much control and responsibility I have in this situation?
- What is the most realistic thing that would happen if my thought came true?
- Do I have other ways of handling the problem?
- Am I overestimating the risk involved?
- Am I predicting the future as if I have a crystal ball?

