

Questions to Ask Yourself

Here are questions you can use to help evaluate your thoughts for accuracy or distortions

1. Has this ever happened before? If so, how often?
2. Am I catastrophizing in an unrealistic, exaggerated way?
3. If I were a lawyer, what evidence would I present to prove my thought wrong?
4. Will this really matter in a year? a month? a week?
5. Am I jumping to conclusions?
6. Am I being a mind reader or a fortune teller?
7. Am I assuming my thoughts are facts? My feelings are justified?
8. If this negative thing happens, so what? Will it really be a big deal?