



Cognitive Challenging



The way we begin any type of change is understanding what the problem is. Now that we have identified how we think, the first step is beginning to recognize when those thoughts occur. Remember, our thoughts aren't always accurate. We can challenge our thoughts. Below are a thought challenging question you can begin to ask yourself to start changing unhelpful and unwanted thoughts.

- Is this thought helpful to me?
- What is the evidence that supports this thought?
- What is the evidence that doesn't support this thought?
- What's the likelihood this would happen? (0-100%)
- What's the worst case and best case scenario?
- Is there anything I can do about this?
- If it did happen, how would I handle it in a constructive way?
- Is this thought a fact or an opinion?
- Am I confusing how my feelings for facts?
- Is this thought based on the way I feel or the facts?
- Am I falling for a thinking trap?
- What are 3 positives?
- Will this matter later? (in the day or 5 years from now)
- Does my future depend on this?
- Am I trying to interpret this situation without all the evidence?
- How can I look at this differently?
- What would I tell a friend?
- What can I learn from this situation?
- Am I overgeneralizing?
- Am I taking this personally?
- Am I looking at all the evidence or am I discounting some?
- Am I putting too much pressure on myself?
- Am I overlooking my own strengths?
- Have I handled similar situations like this before?
- Am I making this worse by exaggerating the situation?

These are just a few examples of questions you can ask yourself about how your thinking. Feel free to come up with your own thought challenging questions!