ELEVATE
PEOPLE PARTNERS

Prompts to Challenge Negative Thoughts

01 What would a good friend say about this thought?

02 Am I 100% certain this will happen?

03 What's the worst that can happen?

04 How important is this in 30 years?

05 Is this a catastrophe or just a hassle?

06 Is this thought helping me or making things worse?

07 Am I overestimating the dangers?

08 What would I recommend a friend with a similar problem?

09 Is this thought subject to some cognitive distortions?

10 What are 3 positive things about this?

11 Am I certain this is even true? How do I know this?

12 What facts support this and what contradict it?