

## Challenging Negative Thinking

Questions to ask yourself to help challenge your negative thoughts or self-talk:

- Am I falling into a thinking trap (for example, catastrophizing or mind-reading)?
- What is the evidence that this thought is true? What is the evidence that this thought is not true?
- What would I tell a friend if he or she had that thought?
- Am I confusing a "possibility" with a "probability,"? It may be possible, but is it likely?
- Am I 100% sure that \_\_\_\_\_ will happen?
- How many times has \_\_\_\_\_ happened before?
- Is \_\_\_\_\_ really so important that my future depends on it?
- What is the worst that could happen?
- Is this a hassle or a horror?
- If it did happen, what can I do to cope or handle it?