



QUESTIONS TO HELP CHANGE YOUR UNHELPFUL THOUGHTS

Read through the following questions, some of them may help you to look at your unhelpful thinking in a different way. Remember that thinking something does not necessarily mean it is true.

1. What evidence do I have for this thought? Are there other ways of looking at the situation?
2. How would someone else think about this situation?
3. Are my judgements based on how I feel rather than what I did?
4. Am I setting myself an unrealistic or unobtainable standard?
5. Am I over-estimating how responsible I am for the outcome of the situation?
6. Am I over-estimating how much control I have over how things work out?
7. What if it happens, what would be so bad about that?
8. How will things be in X months/years' time?
9. Am I over-estimating how likely an event is?
10. Am I underestimating what I can do to deal with the problems/situations?
11. Am I confusing a thought with a fact?
12. What is the effect of thinking the way I do?
13. Am I asking questions that have no answers?
14. Am I worrying about the way things ought to be, instead of accepting and dealing with them the way they are?
15. Would you apply the same thought to others as you do to yourself?