

CHALLENGE UNHELPFUL THOUGHTS

Ask yourself these questions to challenge your unhelpful thoughts.
Get honest with yourself!!

- Is this thought 100% factual?
- Is it possible there are other thoughts or factors to consider here?
- Am I assuming my perspective is the only one possible?
- Am I filtering out anything positive and focusing on the negative?
- Am I taking something too personally?
- Am I taking responsibility for something I don't need to?
- Is this a double standard? Would I say this to a friend?
- Am I catastrophizing?
- Am I overgeneralizing?
- Am I assuming I have no control or influence to change my situation?
- Am I predicting the future or assuming I know what others are thinking?
- Am I concentrating on my weak points and ignoring my strengths?
- Am I ruminating on how things "should be" instead of accepting and dealing with reality?
- Am I assuming I have no control or influence to change my situation?