Challenging Negative Thoughts

1. Reality testing

- Are my thoughts factual, or are they just my interpretations? Please explain your answer
- Am I (and how am I) jumping to negative conclusions?
- How can I find out if my thoughts are actually true?

2. Look for alternative explanations

- In which other ways could I look at this situation?
- What else could this mean?
- If I were being positive, how would I perceive this situation?

3. Putting it in perspective

- Is this situation as bad as I am making it out to be and why?
- What is the worst thing that could happen? How likely is it?
- What is the best thing that could happen?
- What is most likely to happen?
- Is there anything good about this situation?
- Will this matter in 5 years' time?

4. Using goal-directed thinking

- In what way is thinking this way helping me to feel good or to achieve my goals?
- What can I do that will help me solve the problem?
- What can I learn from this situation?