

Challenging Your Thoughts

Thoughts are a running script in your head. They happen so fast and are so automatic you have almost no time to question them. Thoughts effect how we act and feel, so it makes sense we take a moment and challenge these thoughts, esepcially if they are causing you harm

As you are exploring the below questions, think about 'why' or 'why not' in your responses.

Thought to be questioned



What is the evidence for this thought? Against it?

Am I basing this thought on facts, or on feelings?

Is this thought black and white, or is it more complicated?

Am I making any assumptions?

Might other people have different interpretations of this situation? What are they?

Am I looking at all the evidence or just what supports my thoughts ?

Am I having this thought out of habit or do facts support it?

Did someone else pass this belief/thought to me?
If so, how?

Is my thought a likely scenario, or a
worse case scenario?

Could my thought be an exaggeration with a
small nugget of truth?



Follow this activity with a
Thought Record and create more
balanced and adaptive thoughts.

Adapted from Mind over Mood- Greenberger, Padesky

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