

# Prompts For Challenging Your Negative Thinking

Cognitive behavior therapy (CBT) suggests that what you think and do influences how you feel. However, thoughts are not always accurate or useful. Use the prompts below to examine how truthful and helpful your negative thoughts are.



## Counter-evidence

"What evidence supports this thought? Is this evidence high-quality?"

"What evidence does not support this thought?"

"Am I assuming my thought is a fact?"

"Has this thought ever proved to be untrue?"



## Helpfulness

"How helpful is this thought?"

"Does believing this thought cause problems?"

"Will this thought support me in reaching my goals?"

"What would be a more useful thought or attitude?"



## Other perspectives

"Who would think about this situation in a different way to me?"

"What would a good friend say about this thought?"

"If someone I loved had this thought, what would I say to them?"

"How would an objective bystander understand this situation?"



## Bigger picture

"Let's zoom out: what am I missing or forgetting?"

"How will I see this thought (or situation) in 10 years?"

"How important is this in the grand scheme of things?"

"What do my values suggest I do about this?"

## Unhelpful thinking styles

"Am I thinking in an extreme, 'all-or-nothing' way?"

"Am I jumping to the worst possible conclusion?"

"Am I discounting or overlooking anything positive?"

"Am I assuming something is true because I feel it?"

"Am I assuming I know what other people think?"

"Am I fortune-telling by trying to predict the future?"

"Am I imposing a negative label on myself or others?"

"Am I magnifying the bad bits and minimizing the good?"

"Am I assuming a pattern based on a single event?"

"Am I assuming this situation relates to me?"

"Am I setting unreasonable expectations for myself?"