Therapy Care
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Examining your negative thoughts

What happened?

What set the thought off?

What was my negative thought?

How much do you believe it, from 0 (not at all) to 100% (completely)?

The evidence

- What backs this thought up? How solid is it?
- What doesn't fit with it?
- Am I treating a thought as if it were a fact?
- Has this thought been wrong before?

Is it helpful?

- How much does this thought help me?
- What does believing it cost me?
- Does it move me towards what I want?
- What would be a more useful way to see it?

Other points of view

- Who might see this differently from me?
- What would a good friend say about it?
- What would I tell a loved one thinking this?

The bigger picture

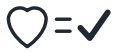
- If I step back, what am I leaving out?
- How will this look to me in ten years?
- How much does it really matter?
- What would I do if I went by what I value?

Unhelpful thinking styles


Am I seeing it as all or nothing?


Am I expecting the very worst?


Am I waving away anything good?


Am I taking a feeling as proof?


Am I trying to predict the future?


Am I putting a harsh label on someone?


Am I guessing what other people think?


Am I blaming myself or others unfairly?


Am I taking this too personally?


Am I asking too much of myself?

What would be a fairer, more helpful thought?

How much do you believe your new thought, from 0 (not at all) to 100% (completely)?

What have I learned? How do I feel now?

What did you notice about your thinking? Which questions helped most? How do you feel now?