



**WHAT EVIDENCE
DO I HAVE THAT MY
THOUGHT IS TRUE?**



Am I jumping to
conclusions?



**WHAT ALTERNATIVE
THOUGHTS ARE
THERE?**



Am I making
assumptions that
this is the only
way to think?



**WHAT IS THE EFFECT OF
THINKING THIS WAY?**



What are the
advantages of
thinking this way?



**WHAT ARE THE
DISADVANTAGES OF
THINKING THIS WAY?**



What new ways
could I look at
this?

**WHAT THINKING
ERRORS AM I MAKING
IN THIS SITUATION?**



Am I thinking in all
or nothing terms?

**AM I BEING HARD
ON MYSELF ON THE
BASIS OF ONE
EVENT OR
SITUATION?**

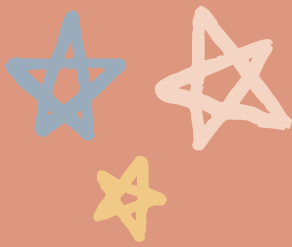
Am I
remembering
my strengths?



**IS THIS THOUGHT
HELPFUL TO ME?**



Who can help me
understand if this
thought is accurate?



**AM I TAKING THIS
PERSONALLY?**



Do I expect myself
to be perfect?



**AM I EXPECTING MORE
OF MYSELF THAN I
WOULD SOMEONE
ELSE?**



Am I exaggerating
the importance of
this?



**WHAT WILL I THINK
ABOUT THIS IN 1
WEEK? 1 MONTH? 1
YEAR?**



Am I
assuming
that I can't
change
anything?



**AM I PREDICTING WHAT I
THINK WILL HAPPEN?**



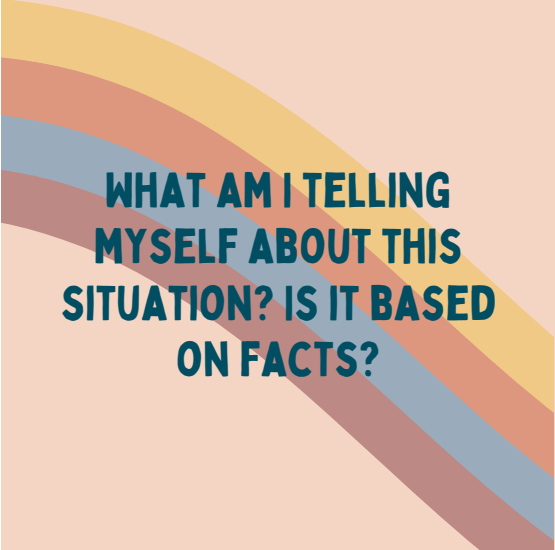
Am I ignoring
all of the
positives of this
situation?



**AM I BLOWING THIS OUT
OF PROPORTION?**



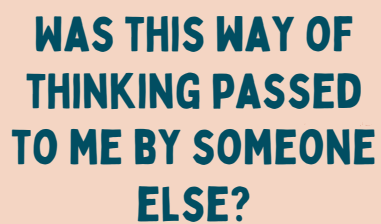
Am I blaming
myself for
something that
wasn't really my
fault?

A graphic of a rainbow with curved bands of yellow, orange, red, and blue, set against a light peach background.

**WHAT AM I TELLING
MYSELF ABOUT THIS
SITUATION? IS IT BASED
ON FACTS?**

A graphic of a rainbow with curved bands of yellow, orange, red, and blue, set against a light peach background.

Am I having this
thought out of
habit?

A white, torn-paper-shaped area containing text, set against a solid orange background.

**WAS THIS WAY OF
THINKING PASSED
TO ME BY SOMEONE
ELSE?**



What interpretations
might others make
about this situation?

A graphic of four starburst sparkles arranged in a square pattern, set against a solid orange background.

**IS THIS SOMETHING THAT
IS IN MY CONTROL?**



What would I
say to a friend
having the same
thought?