

Challenging Thoughts / Questions

Maladaptive or problematic beliefs / stuck points

We can Challenge our unhelpful thinking by questioning and disputing our thoughts by asking ourselves certain questions.

It helps to be able to take a step back and see things in proportion. Be specific, focus on the behavior only and describe it with precision.

Pay attention and catch yourself jumping to conclusions or making assumptions. Alternatively, we can try and keep things in perspective, by seeing the bigger picture.

Keep an open mind to other possibilities.

Learning to see things differently can often help.

One way of doing this is to put ourselves in the other person's shoes. We each look at the world through our own pair of glasses.

It can help if we are able to see someone else's point of view.

When we lose our sense of perspective we often become angry. A key strategy for managing anger is to keep a sense of humor. When you lose your sense of humor it is a sign that you are on edge and may be taking things too seriously.

Answer the following questions to assess your thought:

Is there substantial evidence for my thought?

Are you including all information?

Are you ignoring important parts?

Are you focused on just one piece or part of the story?

How, in what way?

Are you attempting to interpret this situation without all the evidence?

Is there evidence contrary to my thought?

Where did this thought come from? Is it a dependable source of information?

Is it Based on feelings or facts?

is it of Emotional reasoning:

Is it Habit or fact?

Does this include all-or-none terms? (i.e., always, forever, never, need, should, must, can't, and every time) Underline them.

Are you Confusing possible with likely?

Are all thoughts related to the story? Focused on unrelated parts?

Are you Jumping to conclusions?

Are you Exaggerating or minimizing: Over-generalizing?

Over simplifying:

What would a friend think about this situation?

If I look at the situation positively, how is it different?

Will this matter a year from now? How about five years from now?