

QUESTIONING AUTOMATIC THOUGHTS

1. What is the evidence?
What is the evidence that supports this idea?
What is the evidence against this idea?
2. Is there an alternative explanation?
3. What is the worst thing that could happen? Could I live through it?
What is the best thing that could happen?
What is the most realistic outcome?
4. What is the effect of my believing the automatic thought?
What would be the effect of changing my thinking?
5. What should I do about it?
6. What would I tell _____ (a friend) if he/she were in the same situation?