

What is the evidence?

What evidence do I have to support my thoughts?
What evidence do I have against them?

What alternative views are there?

How would someone else view this situation?
How would I have viewed this situation in the past?

What is the effect of thinking the way I do?

Does it help me, or hinder me from getting what I want? How?

What thinking error am I making?

- a Am I thinking in all-or-nothing terms
ignoring the middle ground?
- b Am I awfulising or catastrophising
overestimating the chances of disaster?
- c Am I personalising
blaming myself for something which is not my fault?
- d Am I focusing on the negative
looking on the dark side; ignoring my strengths?
- e Am I jumping to conclusions
predicting the future and mind-reading?
- f Am I living by fixed rules
fretting about how things ought to be; overusing the words should, must and can't?

What action can I take?

What can I do to change my situation? Am I overlooking solutions to problems on the assumption they won't work?

What is the worst possible outcome?

What is the worst thing that can happen and how bad would that really be?