

Key Questions



1. What evidence do I have for this thought?
2. Do I know for certain that the bad consequences will happen?
3. Is there any alternative way of looking at the situation?
4. Is there any alternative explanation?
5. How would someone else think about the situation?
6. Are my judgments based on how I felt rather than what I did?
7. Am I setting for myself an unrealistic and unobtainable standard?
8. Am I forgetting relevant facts or focusing too much on irrelevant facts?
9. Is this an example of all-or-nothing (or black-and-white) thinking?
10. Am I overestimating how much control and responsibility I have in this situation?
11. What would be the worst thing that could happen?
12. If this is true, what does that mean...or so what? What would be so bad about that?
13. How will things look, seem, or work months from now? Years from now?
14. What are the real and probable consequences of the situation?
15. Am I underestimating what I can do to deal with the problem?
16. Am I confusing a low-probability event with one of high probability?
17. What is the likelihood that the bad consequence will happen?
18. Where is the logic in this thought?
19. What are the advantages and disadvantages of thinking this way?
20. Is what happened really so important that my entire future resides with its outcome?