

Challenging Thoughts

Thoughts are the internal monologue that runs through our mind. They come and go fast. Most of the time it is so fast that we rarely question them. Thoughts determine how we feel about ourselves, others, and the world around us and they influence how we behave. It is an important skill to learn to challenge thoughts that cause us harm.

Spend some time thinking about each of the following questions and record your responses thoroughly. Elaborate on your responses and explain “why” or “why not” in your responses.

What is the thought to be questioned:

What is the evidence that supports this thought? What evidence refutes it?

Are you basing this thought on facts or on feelings?

Is the thought too black and white when reality is usually more complicated?

Is there a chance that evidence is being misinterpreted? Are you making assumptions?

How might other people interpret the same situation differently?

Are you looking at all the evidence or just the evidence that supports your thought?

Is there a chance that your thought is an exaggeration of what is true?

Are you having this thought out of habit or do the facts support it?

Is this thought/belief something learned from someone else and, if yes, are they a reliable source?

Is your thought the most likely scenario or is it the worst case scenario?