

Testing your Thoughts

1. What is the situation?
2. What am I thinking or imagining?
3. How much do I believe it? A little medium a lot (or rate 0-100 ____)
4. How does that thought make me feel? Mad sad nervous other _____
5. How strong is the feeling? A little medium very (or rate 0-100)
6. What makes me think the thought is true? _____

7. What makes me think the thought is not true or completely true? _____

8. What's another way to look at this? _____

9. What 's the worst that could happen? Would I live through it? _____

10. What's the best that could happen? _____
11. What will most likely happen? _____
12. What will happen if I keep telling myself the same thought? _____

13. What could happen if I changed my thinking? _____

14. What would I tell a friend if this happened to them? _____

15. What should I do? _____
16. How much do I believe the negative thought now? Little medium a
(or rate 0-100 _____)
17. How strong is my negative feeling now? A little medium very
(or rate 0-100 _____)