

Automatic Thought _____

What is the evidence that it is true?

What is the evidence that it is not *completely* true?

How true does that thought seem now? 100% 60? 30% Not true at all?

Is there another way of looking at the situation?

How could you cope with it if it were true?

What is the worst possible outcome?

What is the best possible outcome?

What is a realistic outcome?

What is the effect of telling yourself that thought as if it were true?

What would be the effect of changing your thinking?

What would you tell your best friend if he/she were in the same situation and had that thought?

How might that apply to you?

What should you do now?