

## Testing Your Thoughts

- What is the situation?

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- What am I thinking or imagining?

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- How much do I believe it?      A little      Medium      A lot      (or rate 0 - 100 \_\_\_\_ )

- How does that thought make me feel?      Mad      Sad      Nervous      other \_\_\_\_\_

- How strong is the feeling?      A little strong      Medium      Very strong  
(or rate 0 – 100 \_\_\_\_\_)

- What makes me think the thought is true?

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- What makes me think the thought is not true or not completely true?

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- What's another way to look at this?

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- What's the worst that could happen? What could I do then?

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- What's the best that could happen?

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- What will probably happen?

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- What will happen if I keep telling myself the same thought?

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- What could happen if I changed my thinking?

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- What would I tell my friend \_\_\_\_\_ if this happened to him or her?

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- What should I do now?

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- How much do I believe the negative thought now?    A little    Medium    A lot  
(or rate 0 – 100 \_\_\_\_\_ )

- How strong is my negative feeling now?    A little    Medium    Very strong  
(or rate 0 – 100 \_\_\_\_\_ )