Testing Your Thoughts

• What is the situation?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

• What am I thinking or imagining?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

• 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?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

• 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?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

• What’s the worst that could happen? What could I do then?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
• What’s the best that could happen?
________________________________________________________________________
________________________________________________________________________

• What will probably happen?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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

• What could happen if I changed my thinking?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

• What would I tell my friend ________________ if this happened to him or her?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

• What should I do now?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

• 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 _______ )