

8 QUESTIONS TO HELP YOU CHALLENGE NEGATIVE THOUGHTS

It's important to keep an eye for negative self-talk patterns that can feed into anxiety, depression, or other health issues. Writing out your unhelpful thoughts is a great way to look at them head-on, challenge them, and explore alternative perspectives.

Choose one negative thought you can remember from the day and answer the following questions.

Thought to be assessed:

1. *Is my judgment based on the facts or on the way I feel?*
2. *Is there evidence **contrary** to my thought?*
3. *Am I using ultimatum words in my thinking? (always, never, forever)*
4. *Am I blaming myself for something that is not really my fault?*
5. *Am I expecting myself to be perfect?*
6. *Are there any **helpful** and **kind** ways I can interpret the situation?*
7. *What would I tell a friend if they had the same thought?*
8. *What can I do to solve the problem?*

BONUS

There are other 6 evidence-based techniques you can start practicing today to cope with negative thinking.

