

# Challenging Unhelpful Thoughts

It is important to challenge unhelpful thoughts that we may have during difficult or triggering situations. You can use the questions below to do this.

If a friend was having these thoughts, what would you say to them?

Are your thoughts based on feelings rather than facts?

Do you have evidence to support these thoughts?

Are you thinking in "all or nothing" terms?

Are these thoughts helping you stay true to your values and beliefs in how you live your life?

Are you confusing a low chance with a high chance?

Are you taking the situation out of context and only focusing on one aspect of the situation?

How realistic are your thoughts?

Are your thoughts using words or phrases that are extreme or exaggerated (e.g. always, never, should, forever, need, can't)?

Are these thoughts really as important as they may seem?

How helpful are these thoughts for me in the long term?

**Can you think of alternative, more realistic, helpful thoughts?**