

questions to help you challenge negative thinking!



Our thoughts have a powerful affect on how we feel day-to-day. By being aware of our thinking and challenging our unhelpful and distressing beliefs, assumptions and expectations we can exercise more control over how we feel. Below are some simple questions to ask yourself when you notice yourself having thoughts that are upsetting.

- What is the evidence? Am I confusing fact with fiction?
- Am I jumping to conclusions?
- What alternatives are there? Am I assuming my view of things is the only one possible?
- What is the effect of thinking the way I do? Does negative thinking help or hinder me?
- What are the advantages and disadvantages of thinking this way?
- Am I asking questions that have no answers? For example, 'what is the meaning of life?' "Why aren't I different?" "How can I undo the past?"
- Am I using ultimatum words in my thinking? Everything is relative!
- Am I condemning myself as a total person on the basis of a single event?
- Am I concentrating on my weaknesses and forgetting my strengths?
- Am I blaming myself for something that is not really my fault?
- Am I taking things personally which have little or nothing to do with me?
- Am I expecting myself to be perfect?
- Am I overestimating the chances of disaster?
- Am I exaggerating the importance of events? What difference does a particular event make in your life?
- Am I fretting about the way things ought to be, instead of accepting and dealing with them as they are?
- Am I assuming I can do nothing to change my situation?
- Am I only paying attention to the black side of things?

CHANGING YOUR THINKING CAN CHANGE YOUR LIFE

for assistance with improving your wellbeing contact:

The 4Life Psychology centre

3414 9430

www.4-life.com.au