

CHALLENGING YOUR THOUGHTS

- Can I say that this statement is 100% true, without any exceptions?
- What is the likelihood or probability of this happening?
 - Rate this twice, once emotionally and once objectively
- Does this statement fit with all the available evidence?
- Am I ignoring any safety factors?
- Does this always apply? Are there conditions under which this might not apply?
- Is there a gray area to this statement (not just a black and white thing)?
- Is this based on fact or feeling? Have my feelings ever turned out to be wrong?
- How much control do I actually have in this situation?
 - Am I taking responsibility for things over which I have no control?
 - Am I ignoring aspects of the situation that I can control?
- Is my expectation for this outcome realistic or even possible?