

Exploring Thoughts and Beliefs

Thoughts are like a running dialogue in your brain. They come and go fast. So fast, in fact, that we rarely have the time to question them. Because our thoughts determine how we feel, and how we act, it's important to challenge any thoughts that cause us harm.

Spend a moment thinking about each of the following questions and record thorough responses. Elaborate, and explain “why” or “why not” in your responses.

Thought to be questioned: _____

What is the evidence for this thought? Against it? _____

Am I basing this thought on facts, or on feelings? _____

Is this thought black and white, when reality is more complicated? _____

Could I be misinterpreting the evidence? Am I making any assumptions? _____

Might other people have different interpretations of this same situation? What are they? _____

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Am I looking at all the evidence, or just what supports my thought? _____

Could my thought be an exaggeration of what's true? _____

Am I having this thought out of habit, or do the facts support it? _____

Did someone pass this thought / belief to me? If so, are they a reliable source? _____

Is my thought a *likely* scenario, or is it the *worst case* scenario? _____