

# STUCK IN UNHELPFUL THOUGHTS?

## ASK YOURSELF...

1

If a friend was in the same situation and was having this thought, would I agree that it's accurate? Why or why not?

2

What's the evidence that this thought is accurate? What's the evidence that it's NOT accurate?

3

Are there any other possibilities or other ways of looking at the situation? If so, what are they?

4

If I felt totally calm, would I still think that this thought is accurate? Why or why not?

Write down your answers and find a new, more accurate thought to replace the old, unhelpful thought.