

Questions to Evaluate Automatic Thoughts



City Center Psychotherapy

What is the effect of telling myself this thought? Is this thought helpful? Does it serve me?

Is there an alternative/more advantageous point of view?

What could be the effect of changing my thinking?

What is the evidence for my thought? What is the evidence against it? Which is more convincing?

Is my thought logical? Is there another – perhaps more rational – way of looking at that? Is there another explanation?

Am I really 100% certain about this, or is this just one out of many possibilities?

So what if...?

What's the worst that could happen if my fears came true? Could I live through it? Would I still care about it a few years down the road?

What's the best that could happen?

Will I still be thinking about this next week? Next month? Next year?

Does...really mean that...?

What would I tell a friend/family member in this situation?

What would a friend/family member tell me about this? What would they advise me to do?

What can I do now? What should I do now?