

Questions to challenge faulty thinking

- Am I assuming my view of things is the only one possible?
- What is the effect of thinking the way I do?
- What are the advantages and disadvantages of thinking this way?
- Am I thinking in all-or-nothing terms?
- Am I condemning myself (or somebody else) on the basis of a single event?
- Am I concentrating on my weaknesses and neglecting my strengths?
- Am I blaming myself for something that is not really my fault?
- Am I taking things personally that have little or nothing to do with me?
- Am I expecting myself to be perfect?
- Am I using a double standard?
- Am I only paying attention to the negative side of things?
- Am I overestimating the chances of disaster/exaggerating the importance of events?
- Am I fretting about how things should be, instead of accepting and dealing with them as they are?
- Am I assuming I cannot do anything to alter my situation?
- Am I predicting the outcome instead of experimenting with it?
- What is the evidence for my belief?
- What alternatives are there to my belief?
- Am I jumping to conclusions?
- Am I using ultimatum words in my thinking?