

NEGATIVE THOUGHT TURN AROUNDS

How do I know if this thought is accurate?

What evidence do I have to support this thought or belief?

How can I test my assumptions/beliefs to find out if they're accurate?

Do I have a trusted friend who I can check out these thoughts with?

Is this thought helpful?

Are there other ways that I can think about this situation or myself?

Am I blaming myself unnecessarily?

What or who else contributed to this situation?

Is it really in my control?

Am I overgeneralizing?

Am I making assumptions?

What would I say to a friend in this situation?

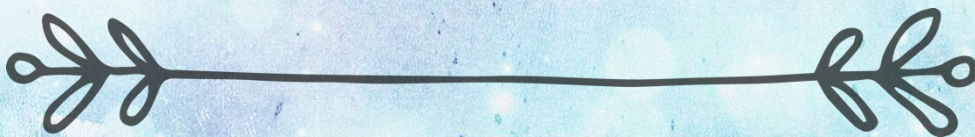
Can I look for "shades of gray"?

Am I assuming the worst?

Am I holding myself to an unreasonable or double standard?

Are there exceptions to these absolutes (always, never)?

Am I making this personal when it isn't?



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