

Questions For Challenging Thoughts

Worksheet

This worksheet contains a list of questions that you can use to challenge any unwanted or unhelpful thoughts that bother you.

Instructions

Keep this list on hand if you find it useful, use it alongside your Thought Record, or keep it in your daily journal as you see fit.

At the bottom of the page, there is a space for writing down any of your own questions.

Challenging Thoughts

1. *What facts support this thought? What existing evidence contradicts it?*
2. *What would the worst possible outcome be, if this thought were true?*
3. *Am I using a past experience to overgeneralize?*
4. *Is there any way I might view this in a positive way?*
5. *Will this matter one day from now? What about in one week, or month? How?*
6. *What are some ways I've dealt with this scenario before?*
7. *What advice would my counselor or therapist give about this situation?*
8. *What am I ready to accept about this event or person?*
9. *Are my thoughts helping me deal with this scenario? Or are they aggravating the situation?*
10. *Can I genuinely control this?*
11. *Besides myself, what else might be affecting this situation?*
12. *Am I using "I must," "I have to," or "I should" thinking here? Is it truly necessary?*
13. *What advice would I give a friend in this scenario?*

Your Questions

- 1.
- 2.
- 3.
- 4.
- 5.