

Challenging Automatic Thoughts

Questions to ask yourself

1. What specifically are you predicting will happen?
 2. How likely is it that this will actually happen (0-100%)
 3. What is the worst outcome?
 4. What is the most likely outcome?
 5. What is the best outcome?
 6. What is the evidence for and against your prediction?
 7. What are the costs and benefits to you to hold onto the prediction?
 8. What evidence do you have from the past that this thought is helpful or harmful to you?
 9. If someone else had this prediction and came to you for help what would you tell them?
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Resource: Leahy, R.L. & Holland, S.J (2000). Treatment Plans and Interventions for Depression and Anxiety Disorders. The Guilford Press: New York.