

Challenge your Beliefs

Once you have identified an unhealthy belief, use the following questions to help you creatively explore possible replacements.

What evidence do I have that this is true?

- Am I confusing thought with fact?
- Am I jumping to conclusions?
- Would my thought be accepted as correct by other people?
- Would it stand up in court or be dismissed as circumstantial?
- What objective evidence do I have to back it up, or to dispute it?

What are alternative ways of seeing this?

- Am I assuming that my view of things is the only one possible?
- What alternatives are there?

What is the impact of thinking this way?

- What is the effect of thinking the way I do?
- Is this belief useful in the pursuit of my objectives? Does it help me to feel good about myself and my life?
- Am I asking questions that have no answers?
- What are the advantages and disadvantages of thinking this way?

What thinking traps am I falling into?

- [Review the most common thought traps here](#)