QUESTIONING
THE THOUGHT

Name: Date:

STRESSFUL THOUGHT:

Is it true?
(There are only three answers:
yes, no, I don't know.)

When you believe this thought, what do you feel and where do you feel it?

If by some magic you never had this thought again, how would you be different in this moment?

ALTERNATIVE/OPPOSITE THOUGHT:

How is this thought possibly truer?