

# laire Newton

## Challenging Negative Thoughts

What **evidence** do I have for this thought?

Are there **alternative** ways of looking at the situation?

Is my thinking **distorted**, and how?

Am I **forgetting** relevant facts

Am I **over-focussing** on irrelevant facts?

Am I setting myself an **unattainable standard**?

Am I overestimating how **likely** the event is to happen?

What if it **happens**? What is so **bad** about that?

Will this **exist/matter** in months/years to come?

Am I **over/under-estimating** how much

**control/responsibility** I have over how things work out?

Will this thinking **best help me to feel** the emotions I want to feel?

