QUESTIONS TO EVALUATE UNHELPFUL THOUGHTS

Instructions: Write down the answers to these questions when a thought is causing you emotional distress. Some questions may be more or less relevant, depending on the particular target thought. After you have answered all the questions, choose the most helpful answers to form an alternative, more rational viewpoint about the issue. Remember this alternative response if the situation or target thought arises again.

Target thought to evaluate:	
1.	What is the evidence that this thought is true?
2.	What is the evidence that this thought is not true?
3a.	What is the worst possible outcome?
3b.	What is the best possible outcome?
3c.	What is the most likely outcome?
4a.	What is the effect of telling myself the target thought?
4b.	What could be the effect of changing my thinking?
5.	What would I tell [a specific friend/family member] if they viewed this situation in this way?
6.	What is an alternative explanation or viewpoint about this issue?
7.	What should I do now?