

1 EXAMINEYOURTHOUGHTS.COM**Welcome! I will ask you some helpful questions.**

Are you upset, angry, unmotivated, or worried about something?
 These questions are designed to help you worry less about something in your life, and to motivate you.
 Please submit anything to continue. (Click Button or Press Enter to submit)

*This is the full version.
 It asks all questions. You can try the shorter question set if you like.*

2 What is the noun (person, thing, or event) that is causing you stress?

Examples: 'My boss', 'My roommate', 'My girlfriend', 'My project', 'My chore', 'My future', 'My career'

3 How upsetting is '#{NOUN}' to you?

On a scale of 1-10, (10 is extremely upsetting, 1 is only a tiny bit upsetting)

4 How do you FEEL when you think about '#{NOUN}'? How does it make you feel?

Examples: hopeless, overwhelmed, depressed, tired, bored, distracted, intimidated, frustrated, angry, scared, unmotivated, uninterested, uninspired, upset, challenged, stressed, anxious, reluctant, lazy, hesitant, lethargic, avoidant, averse

5 Write a thought about '#{NOUN}' and how you feel about it or why you feel that way. ('#{FEELING}')

What are you thinking about it?
 Example: '#{NOUN}' is making me feel '#{FEELING}' because _____.

6 '#{THOUGHT}' ...Is it true?*

Be honest! It's OK to say Yes if you feel it is true to you right now. It doesn't matter if you say Yes or No.

7 '#{THOUGHT}' ...Can you absolutely be sure it is true?*

Can you prove that it's true? Is it *even possible* to prove that it's true? Why or why not? Be honest if it's a Yes.

8 How do you react when you believe '#{THOUGHT}'?*

What do you do? What actions do you take? How do you feel?
 Examples: I get scared, I procrastinate, I wish..., I avoid dealing with it or thinking about it

9 Who would you be if you didn't believe the thought '#{THOUGHT}'?*

Without the thought, what would you do? What would you be doing? What action would you take? How would you feel? How would you be different? How would you treat the situation differently? (This is my favorite step.)

10 What are some of the turnarounds?* (for '#{THOUGHT}')

A turnaround is where you rephrase the thought toward yourself or towards the opposite in a way that you believe is more true

11 With regard to '#{NOUN}', what kind of person do you want to be?

How do you want other people to think of you? How do you want to be remembered? What would your role model do? What are you rooting for yourself to do?

12 Imagine you had a child in this exact same situation, what would you want them to do with regards to this situation?

13 What would you say to a friend of yours in a similar situation?

How would you react if you believed what you would say to a friend instead of what you originally thought?

14 Take the original thought: '#{THOUGHT}'. Would you say something like that original thought to someone else if they were in a similar situation?

Why or why not? Would it be rude? Mean? Discouraging? Untruthful? Unfriendly?

15 Suppose that '#{THOUGHT}' is true.... what is the rest of the story? What's the full story? What else is true about #{NOUN}?

Is there another side to this story? Is there another half of the story? Is there a part you're not focusing on? What are you leaving out, forgetting, or missing?

16 Is thinking '#{THOUGHT}' helping you? Or is it keeping you stuck? Or is it hurting you?

How is it helping you? Or how is it keeping you stuck? Or how is it hurting you?

17 Spend five minutes taking small steps to improve the situation regarding #{NOUN}. What did you do during those 5 minutes and how did it go?

Set a five minute timer. If necessary, you could try to write out a list of small steps you could take during those five minutes.

18 Is believing the thought '#{THOUGHT}' costing you?

What has this belief cost you in the past? In the present? In the future?

19 Would you say '#{THOUGHT}' to your younger self?

Why or why not? What about to your older self? To your present self?

20 How could you improve this situation IN A HURRY?

Imagine you only had one hour. Or one day. NOT one week. NOT one year. Maybe you would be better off getting stuff done QUICKLY rather than perfectly.

21 Does this thought say anything positive about your character? '#{THOUGHT}'

What do you like about yourself that is reflected in this thought/belief?

22 How could you become more knowledgeable about the subject? '#{THOUGHT}'

Are there mentors, teachers, coaches, friends, guides that you could learn from? What knowledge are you missing? You don't even know what you all you don't know.

23 How could you switch up your strategy with regard to the subject? '#{THOUGHT}'

What strategies could you try that you haven't tried yet? Don't be afraid to brainstorm and take bold action.

24 Imagine someone else had this thought. How could you empathize with them? '#{THOUGHT}'

The more completely can empathize with them, the better. Tell them that you realize how miserable their situation is.

25 Imagine that someone is a huge fan of yours and is rooting for you to succeed. If they knew you were thinking '#{THOUGHT}', what would they want you TO DO? What is their point of view of your situation?

You could imagine a friend, a family member, a coach, a mentor, or a role model. It doesn't have to be a real person, it could be an entirely made-up person.

26 If SOMEONE ELSE was thinking '#{THOUGHT}', what would you want them TO DO?

Imagine someone else was in this situation. What would you hope they do? Or root for them to do?

27 If SOMEONE ELSE was thinking '#{THOUGHT}', what advice would you give them?

Imagine someone else was in this situation and going to you for help. What would you say to them?

28 What is something that YOU CAN DO that would help you feel better about '#{NOUN}'?

Focus in on what you can control or do, rather than things that rely on other people doing something.

29 What advice would you give yourself regarding '#{NOUN}' and the thought '#{THOUGHT}'?

Imagine talking to yourself and giving yourself advice.

30 Imagine that the thought was being said by a bully. Imagine that someone else believed that your Negative Thought was true for you. They heard your negative thought and they agreed with it. Now they are saying it to you. How would you respond to their negativity (or their criticism)?

Imagine another person believes your negative thought about you and your situation, not necessarily about their own situation. If your thought contains a first-person perspective, you will need to re-write the negative thought from someone else's perspective about you. For example, if your negative thought was 'It will be difficult and I will be miserable' then the other person saying it towards you would be: 'It will be difficult and you will be miserable.' How could you respond? Your thought: '#{THOUGHT}'

31 Could you handle the WORST imaginable future regarding '#{NOUN}'?

Suppose everything goes horribly. The worst possible outcomes happen at every possible juncture. Could you handle it?

32 Write out an extremely detailed plan for dealing with '#{NOUN}'

Define lots of little objectives. Break every step down into lots of smaller steps. Be as detailed as possible. Focus on specific actions that need to be taken.

33 Talk back to the negative thoughts. Tell the negative thoughts and negative part of your brain to be quiet! And to leave you alone!

Tell it to shut up and leave you alone. Tell it to leave you in peace so you can focus on improving the situation. Tell it that it's making things worse by distracting you and that you're sick of it.

34 Thank the negative thought for its concern and caution.

Tell the negative part of your brain that you're thankful for it. You understand it's trying to help and protect you. That you understand it's coming from a place of caring and it's trying to help motivate you. That you appreciate its concern.

35 Can you see a good reason to stop believing the thought '#{THOUGHT}'?*

What is that reason?

36 What are you grateful for with regard to '#{NOUN}'?**37 Is it an example of black-or-white when thinking in shades of grey would be more appropriate? '#{THOUGHT}'**

Try re-writing your negative thought to be more accurate by describing things on a scale of 0 to 100

38 What assumptions are present? Predicting the future? Trying to read someone's mind? Assuming the worst? '#{THOUGHT}'

39 Is it an example of labeling or mislabeling? '#{THOUGHT}'

How do you define those labels?

40 What overgeneralizations are present? '#{THOUGHT}'

For example, generalizing about the future based on the past. Or generalizing about a large group based on a small subset.

41 Is it an example of blowing things out of proportion? '#{THOUGHT}'

For example, does it make something seem more important or bigger than it is actually is?

42 Is it an example of downplaying, minimizing, or ignoring anything? Does it disqualify, disregard, or discount anything? '#{THOUGHT}'

For example, does it make anything seem unimportant, such as your accomplishments?

43 Is it an example of filtering? Are you filtering out anything? Something positive? Something negative? '#{THOUGHT}'

For example, you're so focused on all of the things that they do wrong that you filter out the things they do correct.

44 What cognitive distortions are present in your beliefs about '#{NOUN}'?

How might you be exaggerating? Overestimating? Underestimating? Too focused? Predicting? Labeling? Mind-reading? Assuming? Personalizing? Shoulding? Magnifying? Minifying? Over-generalizing? Filtering? Ignoring the positive? Ignoring nuance?

45 How do you treat '#{NOUN}' when you think '#{THOUGHT}'? * How do you behave?

And how do you treat yourself?

46 How would you treat '#{NOUN}' WITHOUT the thought '#{THOUGHT}'? * How would you behave?

How would you treat yourself WITHOUT this thought?

47 What do you see, envision, or imagine when you believe '#{THOUGHT}'? ***48 What do you see or imagine it would be like if you could let go of the thought '#{THOUGHT}'?****49 Why do you think '#{NOUN}' is the way it currently is?**

Can you give an explanation?

50 Can you see a STRESS-FREE reason to keep believing the thought '#{THOUGHT}'? *

What is that reason?

51 Whose business is it? *

Yours? Someone else's? The universe's?

52 Why does '#{NOUN}' bother or upset you so much?

Is there a self-doubt doubt or limiting belief related to it? Is there an emotional wound?

53 What is bothering you more right now, '#{NOUN}' or your thinking?

Your thoughts, beliefs, feelings, emotions regarding it

54 How can you turn the thought around to the OPPOSITE?*

Instead of ABC is/does XYZ, how is the opposite true? ABC is/does NOT XYZ. What is the counter-evidence? ('#{THOUGHT}')

55 How can you turn the thought around to YOURSELF?*

Instead of ABC does XYZ, how do YOU do XYZ? ('#{THOUGHT}')

56 How can you turn the thought around the OTHER WAY?*

Instead of ABC does XYZ to me, how do YOU do XYZ to ABC? Or turnaround to the present? ('#{THOUGHT}')

57 How can you turn the thought around to YOUR THINKING?*

Instead of ABC does XYZ, how is your thinking XYZ? ('#{THOUGHT}')

58 Rewrite the thought '#{THOUGHT}' in a way that is more true or more helpful.

Try to be as true, accurate, helpful, and kind as possible. Try to be 100% truthful.

59 How upsetting is '#{NOUN}' to you now?

On a scale of 1-10, (10 is extremely upsetting, 1 is only a tiny bit upsetting)

60 How do you feel now? Describe it.**61 What's another thought you could examine next? What belief lead you to believe this one?**

What other thoughts should you examine next?

62 Was using ExamineYourThoughts.com a good use of your time?

Or was it a waste of time? On a scale of 0-10, where 0 is waste of time and 10 is an amazing use of your time, how worthwhile was it? Explain why

63 The End

I hope this thinking exercise helped you feel a little better.
Refresh this page or hit the Restart button below to try it again.