The Work – Challenging Thoughts Checklist

Question: What is bothering you or causing you stress?

Meaning: So what does that mean or what does it make you feel you should do, be, act, behave…?

Truth: Is it true?

Absolute Truth: Can you absolutely know it’s true?

Affect: How do you act when you believe it?

Without: Who would you be without it?

Turn around: Turn it around.