Ways to Actively Challenge Your Own Beliefs

Below are some questions you could answer to challenge the thoughts that you believe are not healthy:

What's the evidence for and against this thought?

What would I tell a friend with this same situation (rather than what I tell myself)?

What's the worst that could realistically happen? How bad would that be?

Is it really true that I must, should, or have to…?

Am I over-generalizing from a past occurrence?

Are there other explanations besides blaming myself?

Is there any conceivable way to look at this positively?

Is this situation really in my control?

What difference will this make next week, month, or year?

Is thinking this way helping the situation or making it worse?

How have I tolerated these situations in the past?

How can my religious or spiritual beliefs help me with this?

What advice would a therapist or mentor give me regarding this situation?

What can I accept about the situation?

Others: