

Negative thinking patterns can make a situation appear worse than it is and distort our emotions.

Challenge your thoughts with questions to help overcome negative thinking patterns.



What evidence
is there for
and against
my thoughts?
Am I missing
important
information?

Is this realistic and reasonable?
Have I confused a thought with a fact?

What would I tell
a friend if they had
the same thought,
or what would
they say about my
thought?