



---

Questions to Ask Yourself When You Feel Distressed or Negative

---

1. What is the evidence for my conclusion? Am I basing a negative thought about myself or my life on insufficient evidence?
2. What are alternative interpretation of this situation? I would I view this event if I were feeling good?
3. What are the advantages and disadvantages of my interpretation of my behavior? Regardless of whether or not my thoughts or feelings are true, is my behavior helpful?
4. Am I thinking in all or none terms?
5. Am I asking myself unanswerable questions? Even if I could answer unanswerable questions (for example: "Why am I this way?") it would not change what I need to do to improve the situation and my behavior.
6. Am I condemning myself based on little evidence?
7. Am I concentrating on my weaknesses and not my strengths?
8. Am I personalizing negative events that have nothing to do with me?
9. What would I tell my best friend to do if they were in this situation?
10. Am I assuming that there is nothing I can do to improve my situation?
11. Am I assuming that I can do this without any help or outside resources?
12. Am I expecting myself to be perfect?