

**Is there another way we can look at this situation? What would be the opposite of my thought or worry?**

**What would a friend or parent say if they knew I was thinking this? What would I say to reassure a friend who had the same thought or worry?**

**BENEFITS**

**Are there any benefits to this thought or worry? Does it help?**

**COSTS**

**How does this thought or worry cause me problems?**

**CONTRADICT**

**What can I argue that says this thought or worry is not true?**

**SUPPORT**

**Is there anything which supports this thought or worry being true?**

**Evidence**

**What is the unhelpful thought or worry?**

Challenging Unhelpful Thoughts