



Challenging Questions

Our brain loves to make quick decisions. We often find ourselves automatically acting on a thought or judgement without giving it deliberate scrutiny. If we find ourselves struggling with a thought, judgement or prediction we can use the following questions to help evaluate how accurate and helpful the thought is.

What is the thought: _____

1. What is the evidence for this thought/prediction/judgment?
2. What is the evidence against?
3. Is this thought a habit (does it pop up a lot) or is it based on novel information?
4. Are we thinking of things in all-or-nothing terms?
5. Are we using exaggerated/extreme words (e.g., always, never, forever, need, should, must...)?
6. Are we taking in all evidence or is our brain focusing on only a few details?
7. Is the source of information reliable?
8. Are we mixing up low probability (unlikely to really happen) with high probability (likely to happen)?
9. What percentage are we acting on feelings and what percent are we acting on fact?