

Helping to Find Evidence That Does Not Support Your Hot Thought

1. Have I had any experiences or is there any information that suggests that this thought is not completely true all the time?
2. If my best friend or someone I loved had this thought, what would I tell them?
3. If my best friend or someone who cares about me knew I was thinking this thought, what would they say to me? What factual evidence (information or experiences) would they point out to me that suggests my hot thought is not 100% true?
4. Are there any small pieces of information that contradict my hot thought that I might be ignoring or discounting as not important?
5. Are there any strengths or qualities I have that I am ignoring? What are they? How might they help in this situation?
6. Are there any positives in this situation that I am ignoring? Is there any information that suggests that there might be a positive outcome in this situation?
7. Have I been in this type of situation before? What happened? Is there anything different between this situation and the previous ones? What have I learned from prior experiences that could help me understand this situation differently?
8. When I am not feeling this way, do I think about this type of situation any differently? How? What factual information do I focus on?
9. When I have felt this way in the past, what did I think about that helped me feel better?
10. Five years from now, if I look back at this situation, will I look at it any differently? Will I focus on any different part of my experience?
11. Am I jumping to any conclusions in columns 3 and 4 that are not completely justified by the facts?
12. Am I blaming myself for something over which I do not have complete control? What facts can I write down that reflect a fair, compassionate, or kind view of my responsibility?

Source: Greenberg, D., & Padesky, C. (2015). *Mind Over Mood. Change How You Feel By Changing The Way You Think*. New York, New York: The Guilford Press.