

5 Steps to Untwisting Your Thinking

1 Step 1
Identify the problem situation

2 Step 2
Identify the automatic thought

3 Step 3
Decide if you are falling into a “thinking trap”

4 Step 4
Ask yourself some tough questions:

1. What is the evidence for this thought being true?
2. What is the evidence against this thought?
3. Is there another way to look at this?
4. What would I tell a friend in this situation?
5. How would [role model] handle this situation?
6. Even if this is true, what is the worst thing that can happen?
7. What is the most likely thing to happen?
8. If my thought did come true, how would I cope?
9. What steps can I take right now to respond in the best way possible to this situation? What help do I need?
10. What would happen if I didn't believe this anymore? How might things change for the better?



5 Step 5
Define your coping thought

Identify your automatic or troubling thought:

Evidence for the thought:

Evidence against the thought:

Is the thought objectively true or false?

True

False

Not sure

Is the thought helpful or unhelpful?

Helpful

Unhelpful

If you think the thought might be false or unhelpful (or both!), identify a coping thought that could be used to challenge the thought: