

Difficult Thoughts and Negative Thinking



What is the harshest thought my mind has repeated about me lately?

What happened that triggered this thought, and what meaning did I immediately attach to it?



Am I describing something that happened, or am I predicting what it means about my future?

What part of this thought is based on something I know, and what part is an assumption?



If someone I cared about had this exact thought about themselves, what would I want them to consider?

What does this negative thought make me believe I have to be, achieve, or prove?



Is there another explanation for what happened that doesn't require me to blame myself?

