

Thinking Healthier Thoughts

REFLECTION WORKSHEET

WHAT AM I REACTING TO?

WHAT IS IT THAT'S REALLY TRIGGERING ME HERE?

WHAT IS IT THAT I THINK IS GOING TO HAPPEN NOW?

WHAT IS THE WORST THING AND BEST THING THAT COULD HAPPEN?

WHAT'S MOST LIKELY TO HAPPEN?

IS THIS NEGATIVE THOUGHT FACT OR OPINION?

IS MY EMOTIONAL REACTION IN PROPORTION TO THE SITUATION AT HAND?

HOW IMPORTANT IS THIS? HOW IMPORTANT WILL IT BE IN 6 MONTHS TIME?

HAS HARM BEEN DONE?

ARE MY EXPECTATIONS FOR THIS PERSON OR SITUATION UNREALISTIC?

AM I OVERESTIMATING DANGER?

AM I UNDERESTIMATING MY ABILITY TO COPE AND GET THROUGH?

AM I THINKING WITH A NEGATIVE FILTER?

IS THERE ANOTHER WAY TO LOOK AT IT?

WHAT ADVICE WOULD I GIVE TO SOMEONE ELSE IN THIS SITUATION?

AM I IN MY HEAD RUMINATING ABOUT THE PAST OR WORRYING ABOUT

THE FUTURE? (NOT BEING IN THE PRESENT MOMENT)

WHAT ACTIONS CAN I TAKE RIGHT NOW THAT WOULD HELP ME FEEL BETTER?

AM I PUTTING MORE PRESSURE ON MYSELF THEN I NEED TO?

WHAT WOULD BE A MORE REALISTIC STANDARD TO HOLD MYSELF TOO?

AM I "MIND-READING" OR ASSUMING WHAT OTHERS MIGHT BE THINKING?

AM I MAKING ASSUMPTIONS ABOUT THE FUTURE?

IS THERE ANOTHER WAY OF LOOKING AT THIS?

WHAT ADVICE WOULD I GIVE SOMEONE ELSE IN THIS SITUATION?

JUST BECAUSE I FEEL BAD, DOESN'T MEAN THINGS REALLY ARE BAD.

AM I JUMPING TO CONCLUSIONS ABOUT THIS?

AM I EXAGGERATING THE GOOD ASPECTS OF OTHERS/ PUTTING MYSELF DOWN?

AM I FOCUSING ON THE NEGATIVES AND MINIMIZING THE POSITIVES?

HOW WOULD SOMEONE ELSE SEE IT?

WHAT'S THE BIGGER PICTURE HERE?

IS THERE A NEUTRAL WAY TO VIEW THIS?

WHAT WOULD BE THE CONSEQUENCES OF RESPONDING THE WAY I USUALLY DO?

IS THERE ANOTHER WAY OF DEALING WITH THIS? WHAT WOULD BE THE MOST

HELPFUL AND EFFECTIVE ACTION TO TAKE?