

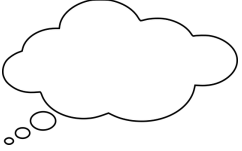






Thought-Changer Questions

When you notice thinking errors occurring, try working through the thought-changer questions on the table below.

Step 1-Record your thought and the evidence you have for it.

Step 2-Try to find some evidence against the thought to help challenge

	What is the thought?	
	What is the evidence for the thought?	
	What is the evidence against the thought?	
	What would you say to a colleague or friend having the same thought?	
	Can you think of a more balanced thought?	