

Challenging Negative Thoughts: What if it's true?



Sometimes we spend so much time feeling bad about negative thoughts, we don't think about what it would mean if they really were true. Is it possible that it might not be that bad? How terrible would it really be?

Use these questions to challenge negative thoughts using the "what if it's true" approach:

- ★ **If my negative thought is true, how can I cope with this situation?**
- ★ **How will thinking negatively about this situation help me? How might it work against me?**
- ★ **If it is true, what is the worst thing that can happen? How likely is it that this will happen?**
- ★ **If it is true, will this matter in one week? One year? Ten years?**