

# **Challenging Negative Thoughts: What's the Alternative?**



Just like every cloud has a silver lining, there is more than one way to look at most situations. Here are some questions to help you challenge negative thoughts using the “what’s the alternative?” approach:

- ★ **Is there another way to think about this situation, even if it seems unlikely?**
- ★ **What advice would I give a friend who was feeling the way I do?**
- ★ **Are there positive things about this situation or myself that I am overlooking?**
- ★ **How likely is it that my thought is correct?**
- ★ **When things like this have happened before, what have been the reasons?**