

CATASTROPHIZING CHALLENGE

- Are you imagining the worst possible outcome right now?
- What's the most likely outcome?
- How would you handle that if it happened?

ALL-OR-NOTHING THINKING CHALLENGE

- Am I seeing this situation in extremes, as all good or all bad?
- Is there a middle ground here?
- What would a balanced view of the situation look like?

MIND-READING CHALLENGE

- Am I assuming I know what someone else is thinking?
- Is there any concrete evidence for this assumption?
- How could I find out what they're actually thinking?

EMOTIONAL REASONING CHALLENGE

- Am I assuming that because I feel bad, the situation must be bad too?
- Are my feelings clouding my judgment?
- What are the facts of the situation, apart from how I feel?

LABELING CHALLENGE

- Am I labeling myself or others with negative words?
- What's a more accurate description of the person or situation?
- How would you describe the situation without using negative labels?

FORTUNE-TELLING CHALLENGE

- Am I predicting that something bad will happen?
- What evidence do I have for this prediction?
- What are the chances of a positive or neutral outcome instead?

OVERGENERALIZATION CHALLENGE

- Am I taking one situation and applying it to everything?
- Is this situation truly reflective of everything else?
- What would a more realistic interpretation be?

SHOULD STATEMENTS CHALLENGE

- Am I telling myself how I or others should behave?
- What would happen if I let go of this "should"?
- Can I rephrase it in a more flexible way?

PERSONALIZATION CHALLENGE

- Am I blaming myself for things outside of my control?
- What is within my control here, and what isn't?
- How much responsibility is truly mine?

MAGNIFICATION CHALLENGE

- Am I blowing this situation out of proportion?
- How would someone else view this situation?
- What is a more realistic way to see it without exaggerating?

MINIMIZATION CHALLENGE

- Am I downplaying the importance of something positive?
- Why am I underestimating this success or achievement?
- What would it feel like to fully acknowledge it?

MENTAL FILTERING CHALLENGE

- Am I focusing only on the negative details and ignoring the positives?
- What positive aspects am I overlooking?
- How would the situation look if I saw the full picture?