



Thought Testing

1

NAME THE KEY THOUGHT

2

WHERE DID THIS THOUGHT ORIGINATE?

What is the Core Belief underlying this thought?
Who passed this belief or thought to me?
Do I think this way out of habit?

3

IS THIS THOUGHT SOUND?

Is it based on facts or feelings?
Is this thought based on assumptions?
Is this thought black and white thinking?
Are there other interpretations of reality?
What can you control?
What can you not control?

4

WHAT EVIDENCE SUPPORTS THIS THOUGHT?

5

WHAT EVIDENCE CONTRADICTS THIS THOUGHT?

6

WHAT IS A BALANCED VIEW?