

## 10 Things to Ask Yourself when Uncovering Evidence AGAINST Hot Thoughts

1. Is there an alternative interpretation of the situation, other than your hot thought?
2. Is the hot thought really accurate, or is it an overgeneralization? Is it true that the situation means your hot thought is true?
3. Are there exceptions to the generalizations made by your hot thought?
4. Are there balancing realities that might soften negative aspects of the situation?
5. What are the more probable consequences and outcomes of this situation? This question helps you to differentiate between what you fear might happen and what you can reasonably expect to happen.
6. Are there experiences from your past that would lead you to a conclusion other than your hot thought?
7. Are there objective facts that would contradict items in the "Evidence for" column? Is it really true?

8. What are the real odds that what you fear will actually occur?
  
9. Do you have the social or problem-solving skills to handle the situation differently?
  
10. Could you create a plan to change the situation? Is there someone you know who might deal with this differently? What would that person do?