

## EXAMINING OUR THOUGHTS FOR COGNITIVE DISTORTIONS

1. Is your thought or belief about this event true 100% of the time? If not, what per cent of the time is it true?
2. Think of someone whose opinion you respect. Would that person completely agree with the conclusion you have reached about this trigger event?
3. Is the conclusion (belief or thought) you have reached life-giving to your relationship? If not, is there another perspective that might support the relationship?
4. Could you put yourself in the shoes of the other person involved in this event? Does this perspective change your thought or belief about the situation?
5. If you were not directly involved in this event and if you were an objective bystander instead of a participant, would your thoughts (beliefs) about what happened change?
6. If you were trying to convince someone about your reframed thought about the trigger event, what evidence would you cite to support this new viewpoint?

Resource: Cognitive Behavioral Therapy for Dummies by Rhena Branch and Rob Willson