

Cognitive Restructuring

Identifying negative thinking

What's the automatic thought running through my head right now?

What emotion does this thought arouse in me?

Validity assessment

Do I have any concrete evidence to back up this thought?

Does this thought really reflect the reality of the situation?

Looking for alternatives

Are there other ways of looking at this situation?

What perspective could I adopt that would be more positive or balanced?

Developing realistic thoughts

What would be a more realistic and balanced way of thinking in this situation?

How could I reformulate this thought in a more constructive way?

Focus on the positive

What are the positive aspects of this situation, even if they are minimal?

Is there anything good or encouraging I can take away from this experience?

Action planning

What concrete actions can I take to deal with this situation constructively?

How can I turn this thought into a positive action?

Acceptance practice

What parts of this situation are beyond my control and that I must accept?	
How can I practice acceptance and let go of what I can't change?	
Cultivating gratitude	
What aspects of my life can I be grateful for right now?	
What can I appreciate in my life, even in difficult times?	