



How to talk your way out of negativity

Here are some questions that will help to challenge negative self-talk and slow runaway thinking.

1. Am I falling into a thinking trap—that is, catastrophizing or overestimating danger?

4. Have I confused a thought with fact?

2. What is the evidence that this thought is true?

5. What would I tell a friend if they had the same thought? What would a friend say about my thought?

3. What is the evidence that this thought is not true?

6. Am I 100% sure that _____ will happen?

7. Is my judgment based on the way I feel instead of facts?

“Keep your face to the sunshine and you cannot see a shadow.”

HELEN KELLER