The Thinking Trap: 5 Steps to Untwisting Your Thinking

Step 1: Identify the problem situation

Step 2: Identify the automatic thought

Step 3: Decide if you are falling into a "thinking trap"

Step 4: Ask yourself some tough questions:

1. Is there another way to look at this?
2. What would I tell a friend in this situation?
3. How would _(role model)_ handle this situation?
4. What is the evidence for this thought being true?
5. What is the evidence against this thought?
6. Even if this is true, what is the worst thing that can happen?
7. What is the most likely thing to happen?
8. If my thought did come true, how would I cope?
9. What steps can I take right now to respond in the best way possible to this situation? What help do I need?

And finally, ask yourself: What would happen if I didn't believe this anymore? How might things change?

Step 5: Define your coping thought: