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## Clear Thinking Drill

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### Challenging Upsetting Thoughts

1. What evidence or proof supports my interpretation / belief?
2. Does this thought help me, or hurt me?
3. Is this *always* true? Are there exceptions?
4. What evidence might be contrary to my interpretation / belief?
5. Is there an alternative explanation? Are there any other motives or feelings that might lie behind the actions?
6. Have I checked my assumptions? Asked for clarification?
7. What is the *balancing reality* – the positive part of the picture that I have left out?
8. If I am generalizing, personalizing or labeling; how can I describe the situation *specifically* and *accurately*?
9. What could I tell myself instead that would be more accurate, rational, or helpful?

Adapted from "Communication Skills" Matthew & McKay