

DISPUTING THOUGHTS

Once you have learned to defuse from negative thoughts you are in a better position to dispute or “reality test” the thoughts. Trying to do this when you are fused with the thought & stuck in the middle of the negativity & the distressing emotions it generates is often too hard or even counter-productive.

Negative Thought: _____

What is the **evidence for** this thought? What objective facts or proof supports the accuracy of this thought?

What is the **evidence against** the thought? What objective facts & evidence rejects the accuracy of this thought?

Is there any problems with the **quality or relevance** of the evidence you have listed? Is there any evidence you are discounting, dismissing, not considering?

On the basis of the above is there an **alternative way of looking at the situation?**

What are the **real implications** of this thought being true? Is it really as bad as you think it is? Can you cope or deal with this?

What **conclusions** can you reach about the original thought?