


**HELPFUL  
HINTS**
**Questions to Help Find Evidence That Does Not Support Your Hot Thought**

- Have I had any experiences or is there any information that suggests that this thought is not completely true all the time?
- If my best friend or someone I loved had this thought, what would I tell them?
- If my best friend or someone who cares about me knew I was thinking this thought, what would they say to me? What factual evidence (information or experiences) would they point out to me that suggests my hot thought is not 100% true?
- Are there any small pieces of information that contradict my hot thought that I might be ignoring or discounting as not important?
- Are there any strengths or qualities I have that I am ignoring? What are they? How might they help in this situation?
- Are there any positives in this situation that I am ignoring? Is there any information that suggests there might be a positive outcome in this situation?
- Have I been in this type of situation before? What happened? Is there anything different between this situation and previous ones? What have I learned from prior experiences that could help me understand this situation differently?
- When I am not feeling this way, do I think about this type of situation any differently? How? What factual information do I focus on?
- When I have felt this way in the past, what did I think about that helped me feel better?
- Five years from now, if I look back at this situation, will I look at it any differently? Will I focus on any different part of my experience?
- Am I jumping to any conclusions in columns 3 and 4 that are not completely justified by the facts?
- Am I blaming myself for something over which I do not have complete control? What facts can I write down that reflect a more fair, compassionate, or kind view of my responsibility?