

Figure 20. Key Questions to Help You Find Alternatives to Self-critical Thoughts

- What is the evidence?
 - Am I confusing a thought with a fact?
 - What is the evidence in favour of what I think about myself?
 - What is the evidence against what I think about myself?
- What alternative perspectives are there?
 - Am I assuming my perspective is the only one possible?
 - What evidence do I have to support alternative perspectives?
- What is the effect of thinking the way I do about myself?
 - Are these self-critical thoughts helpful to me, or are they getting in my way?
 - What perspective might be more helpful to me?
- What are the biases in my thinking about myself?
 - Am I jumping to conclusions?
 - Am I using a double standard?
 - Am I thinking in all-or-nothing terms?
 - Am I being fair to myself, or am I condemning myself as a total person on the basis of a single event?
 - Am I concentrating on my weaknesses and forgetting my strengths?
 - Am I blaming myself for things that are not really my fault?
 - Am I expecting myself to be perfect?