When you notice your mood getting worse, ask yourself, “What’s going through my mind right now?”

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| **Date & time** | **Situation** | **NAT** | **Use system 2 thinking to evaluate the NAT & get a broader perspective** | **Notes** |
|  |  |  |  |  |

**Questions to help get a broader perspective**

1. If a friend was in the situation and had this thought, what would I tell him/her?
2. What would a good friend say to me about this thought and this situation?
3. How much will this situation bother me in a month’s time, or a year’s time?
4. What is the evidence that the NAT is true? Not true?
5. Is my mind jumping to conclusions?
6. Are my past experiences biasing the thoughts that are coming up?
7. Is there an alternative explanation?
8. Is my mind over-estimating the probability of a bad outcome? What is the worst that could realistically happen?
9. Am I under-estimating my ability to cope, even if the outcome is bad?
10. What’s the effect of my taking the automatic thought to be true? What could be the effect of my changing my thinking?