Evaluating Your Thoughts

Your thoughts in response to stressful events might be overly negative or positive. Sometimes these thoughts will be distortions and sometimes they will be accurate. If you are not certain whether your automatic thoughts are true or false, you will need to put them to a test.

Here are some ways to test your thoughts for accuracy.

Ways to Evaluate the Accuracy of Your Thoughts

1. Look through the examples of thinking errors to see if your thoughts fall under one of those categories.

2. Ask people for their opinions. Do they see things the same way? Do they think you are being overly positive or overly negative?

3. Divide a piece of paper in half. Write down all the evidence you have that your thought is true on one half. On the other half, write down all the evidence you have that your idea is false. Compare the evidence.

4. Make yourself consider other possible explanations for the events that occurred. Is it possible that you jumped to the first conclusion that came to mind? Your first thoughts are not always your most accurate thoughts; they are just your first thoughts.

5. Ask yourself what you would tell another person who was in your same situation. Pretend that you are giving feedback to another person. Write it down and follow your own suggestions.

My thought is: _____

What evidence do I have that my thought is true?	What evidence do I have that my thought is not true?	What would someone else say in this situation? What is another explanation?	My conclusions and my plan for what to do next.

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