



Tips to ask yourself about *distorted thinking* before you reframe with cool evidence based rational thinking:

- Am I using one of my Bad Thinking Habits / Cognitive Distortions?
- Which one?
- Am I using emotional reasoning (oh my feelings!)
- What is the evidence for this thought or belief?
- Is there any evidence against it?
- Am I getting things out of proportion?
- Is that a bit dramatic and unhelpful?
- How does accepting these thoughts and beliefs make me feel and behave?
- Has thinking this way been helpful in life so far, or a poison?
- What would I advise my best friend if they were thinking this way?
- What is the rational calm alternative view of this situation?
- ***What is it more true to say?***