

**Questions to Help Learn How to  
Change Distorted Thoughts  
(Third Column of the Triple Column Technique)**

Once you have identified the thought or image associated with the feeling, and you have realised how it is distorted, you can then use these prompts to change your thoughts to become more realistic or healthier.

What's the evidence for and against this thought?

What's the worst that could realistically happen? How bad would that be?

It is really true that I must, should or have to...?

Am I over-generalising from a specific event or occurrence?

Are there other explanations besides blaming myself?

Is there any conceivable way to look at this positively?

Is this situation really in my control?

What difference will this make next week, month, or year?

How have similar situations turned out in the past?

Is thinking this way helping the situation or self-defeating?

Can I stand it? How have I tolerated these situations in this past?

How can my religious or spiritual beliefs help me with this?

What advice would a therapist or mentor give me regarding this situation?

What would I tell a friend with this same situation (rather than what I tell myself)?

Others: