Analyzing my negative thoughts - Deep Dive

The negative thought
Llow two is this thought?
How true is this thought?
What feelings does the thought trigger?
Which behavior does the thought trigger?
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What is the worst that could happen? How would I deal with it?
Will this thought bring me closer to my goals?
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Will this thought still be on my mind in a few months' time?
What would be discouthous to do with this thought?
What would I advise others to do with this thought?
What kind thoughts could I formulate instead?
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