

Analyzing my negative thoughts - Deep Dive

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