

Challenging Questions Worksheet

Below is a list of questions to be used in helping you challenge your maladaptive or problematic beliefs/stuck points. Not all questions will be appropriate for the belief/stuck point you choose to challenge. Answer as many questions as you can for the belief/stuck point you have chosen to challenge below.

Belief/Stuck Point: *I take antidepressants, so I must be screwed*

1. What is the evidence for and against this idea?
FOR: *Other people's opinions.*
AGAINST: *I feel better when I take them. It gives me time to make better decisions.*
2. Is your belief a habit or based on facts?
Habit—listen to press/others and it seems like the whole world is on Prozac.
3. Are your interpretations of the situation too far removed from reality to be accurate?
I need the medications to feel better.
4. Are you thinking in all-or-none terms?
I tell myself if I don't take it today then I'll lose it.
5. Are you using words or phrases that are extreme or exaggerated (i.e., always, forever, never, need, should, must, can't, and every time)?
I use words like "screwed up."
6. Are you taking the situation out of context and only focusing on one aspect of the event?
N/A
7. Is the source of information reliable?
Not—it's my belief. Professionals feel I need it. Other people tell me it's not worth a shit.
8. Are you confusing a low probability with a high probability?
Yes, I could get to a point where I didn't need it.
9. Are your judgments based on feelings rather than facts?
Feeling is what others think.
10. Are you focused on irrelevant factors?
Lots—it really helps me. The person putting the medication down probably needs medication, too.

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Belief/Stuck Point: *I am responsible for my mom's death.*

1. What is the evidence for and against this idea?
FOR: *There is what I believe is circumstantial evidence.*

AGAINST: *There is no concrete evidence to this belief.*
2. Is your belief a habit or based on facts?
It has become a habit.
3. Are your interpretations of the situation too far removed from reality to be accurate?
I blame myself and don't give my mom the responsibility for the actions she took.
4. Are you thinking in all-or-none terms?
Of course it was all or none; I felt responsible, guilty to the core. But now, I am processing the events, and it's not all my fault.
5. Are you using words or phrases that are extreme or exaggerated? (i.e., always, forever, never, need, should, must, can't, and every time)
I am responsible. It's all my fault. I should have handled that night differently.
6. Are you taking the situation out of context?
My mom died from her actions.
7. Is the source of information reliable?
I still feel as though I had some part of it.
8. Are you confusing a low probability with a high probability?
My mom was not an emotionally stable woman and at this point, neither am I.
9. Are your judgments based on feelings rather than facts?
Feelings.
10. Are you focused on irrelevant factors?
Yes, I am focused more on me than her role.