"How much do you believe the thought, 0 – 100%?"

Is this a thinking error?	"I hear some extreme words in that thought. What distortion does that sound like?"
Look for evidence:	1. "What evidence do you have that this thought is true?" 2. "What evidence do you have that this thought is not true or not completely true?"
Alternative Views:	**"That's one way to look at it. What's another way to look at this?"** "What would you tell your friend _____ if this happened to him or her?"
Imagery Modification:	"Is there an image that goes with that thought? If you're willing to close your eyes, let's modify that image. What would you like to see instead?"
Impact of Thought:	1. "What is the impact of choosing to believe this thought?" "What will happen if you keep telling yourself this?" 2. "What is the impact of not believing it?" "What could you say to yourself instead?"
For "What if?" and other <u>anxious</u> thoughts:	1. "What's the worst that could happen?" ("How would you cope with that?") 2. "What's the best that could happen?" 3. "What's the most realistic?"
When automatic thoughts are true:	1. "What are your options? What can you do now?" Help client problem solve. 2. Has the client drawn an invalid conclusion? Evaluate that conclusion as a distortion. 3. Help client with acceptance.

"Now how much do you believe the thought? The adaptive response?"

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