

## COGNITIVE RESTRUCTURING

### Questions to challenge your 'limiting beliefs'

#### Basic questions:

- Are you absolutely sure that this is the case?
- Does this thought help you to reach your goal?
- How would you like to feel?
- Which thought would give you that feeling?

#### Examples of 'challenging' questions:

- How can you prove that this thought is correct?
- How can you prove that this thought could be wrong?
- Could you also look at this from a different perspective?
- What's the worst thing that could happen?
- What's the best thing that could happen?
- What is the most realistic thing that could happen?
- What is the effect of my way of thinking?
- What would be the benefit of another way of thinking?
- What could I do myself to solve the problem?
- What would I tell my best friend if s/he would find him/herself in this situation?
- How would you look at this, 20 years from now?

### Choose rational, helpful thoughts (= 'empowering beliefs') over limiting beliefs

NOT I can't deal with this  
I am worried  
I am scared, angry  
I'm tense

I have to perform  
This can't happen  
It's X's fault

BUT I try  
These are only thoughts  
This is just how I feel right now  
I focus on the here and now, it'll  
make me calm  
I'll just do my best  
It can happen and I'll deal with it  
I'll see what I can do to change  
the situation