



WORKSHEET

Exercise | Challenging questions

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.

Your Belief/Stuck Point:

What is the evidence for and against this stuck point?

For	Against

Is your stuck point a habit or based on facts?



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In what ways is your stuck point not including all of the information?

Does your stuck point include all-or-none terms?

Does the stuck point include words or phrases that are extreme or exaggerated (i.e., always, forever, never, need, should, must, can't, and every time)?



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In what way is your stuck point focused on just one piece of the story?

Where did this stuck point come from? Is this a dependable source of information on this stuck point?

How is your stuck point confusing something that is possible with something that is likely?



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In what ways is your stuck point based on feelings rather than facts?

In what ways is this stuck point focused on unrelated parts of the story?