

Challenge Questions Worksheet

These are examples of questions to ask ourselves when we fall into thinking habits that can be harmful. These questions help us with our positive self-talk so we can build ourselves up to be the best we can be. What are other challenge questions that can combat thought habits?

The “I Can’t” Habit

What is the evidence that I can’t do it?

What steps can I take to tackle the problem?

What steps have I taken in the past to learn new skills or tackle other problems?

Is it possible to ask someone for help?

The Catastrophizing Habit

How likely is the worst-case scenario?

Is there any evidence that it’s likely to happen?

What are five other things more likely to happen?

If something bad does happen, how would I cope?

What would I tell a friend who had the same thought?

The All-or-Nothing Habit

Is my thought at one extreme?

Is there evidence to support my thought?

Is there evidence against it?

What are some possibilities that fall in between the extremes?

What are other challenge questions you can think of that can combat other thinking habits?

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