

Appendix IX

Questions to Help Identify Negative Automatic Thoughts

- What was going through your mind before you felt guilty/anxious/sad?
- What does this say about you if it is true?
- What were/are you afraid might happen?
- What would be the worst thing that could happen if it is true?
- What does this mean about what the other person thinks about you?
- What does this mean about the other person (or people in general)?
- What images do you have about the situation?