

Appendix XIII

Questions to Ask When Evaluating NATs

- Am I only noticing the 'down' side of things?
- Am I expecting myself to be perfect?
- What would I say to one of my friends if they were thinking like this?
- What would one of my closest friends say about this?
- Am I assuming that my way of looking at things is the only way?
- Am I assuming that my way of looking at things is the right way?
- Am I blaming myself for something that is not my fault?
- Am I judging myself more harshly than I would judge others?
- What are the pros and cons of thinking this thought?
- Am I feeling hopeless about the possibility of changing things?
- What is the evidence for the thought?
- Am I making any thinking errors? (Go through thinking errors sheet.)
- Do I often think like this when in a certain state of mind?
- When I am feeling different do I think differently about things?
- Are there certain situations or times when I see things differently?
- Are there any experiences I have had that contradict this thought?