



Questions to ask yourself when feeling low or anxious:

- What is the day/date/time?
- What has just happened?

- How am I feeling?
- What am I doing or considering doing right now?
- What am I considering doing in the future?

- What am I thinking?
 - Am I thinking lots of 'what-ifs' and catastrophising about the future?
 - Am I making assumptions?
 - Am I criticizing myself?
 - Am I mind-reading other people?

- What evidence is there for and against my thoughts? Remember that evidence means concrete facts only.
- What sentences can I think of which re-order my thoughts to be balanced and factual? This will help me stay with what I know to be true.

- Do I want to do anything about this? If so:
 - What? When? Where? How? Why?
 - Do I need support? If so, from who or what?

- How am I feeling now? Would it be helpful to repeat this exercise?