

10 Questions to Challenge Your Inner Negative Nancy

The next time you find yourself ruminating on something (a meeting you think went poorly, a date who hasn't texted back just yet, or any thought about yourself that isn't positive or constructive) try using these 10 questions to guide your brain into a more productive way of looking at the situation. It may not be easy at first, but with practice asking yourself these questions when negative thinking patterns first arise can help train you to stop that Negative Nancy or Ned in her/his/their tracks!

What am I saying to myself?

What unhelpful behaviors am I engaging in?

What is the evidence FOR my evaluation?

What is the evidence AGAINST my evaluation?

How much do I believe my evaluation (0-100%)?

How is it helpful for me to think this way?

How else could I view the situation?

What advice would I give a friend?

What are healthier thoughts/behaviors I can respond with?

A healthier evaluation is:

1. What am I saying to myself? (your inner monologue about the event/thought)

2. What unhelpful behaviors am I engaging in? (internally with yourself or externally with others)

3. What is the evidence FOR my evaluation? (be honest, use only evidence with proof)

4. What is the evidence AGAINST my evaluation?(be honest and think of what proof exists)

5. How much do I believe my evaluation (0-100%) (consider the evidence you've gathered)

6. How is it helpful for me to think this way? (how is it productive/constructive)

7. How else could I view the situation? (again, consider the evidence)

8. What advice would I give a friend? (in the same exact situation)

9. What are healthier thoughts/behaviors I can respond with?

10. A healthier evaluation is:

EXTRA CREDIT! In the future, when I feel negative thoughts coming on I will:

DOUBLE EXTRA CREDIT: What could I gain by thinking healthier thoughts in situations like this?
