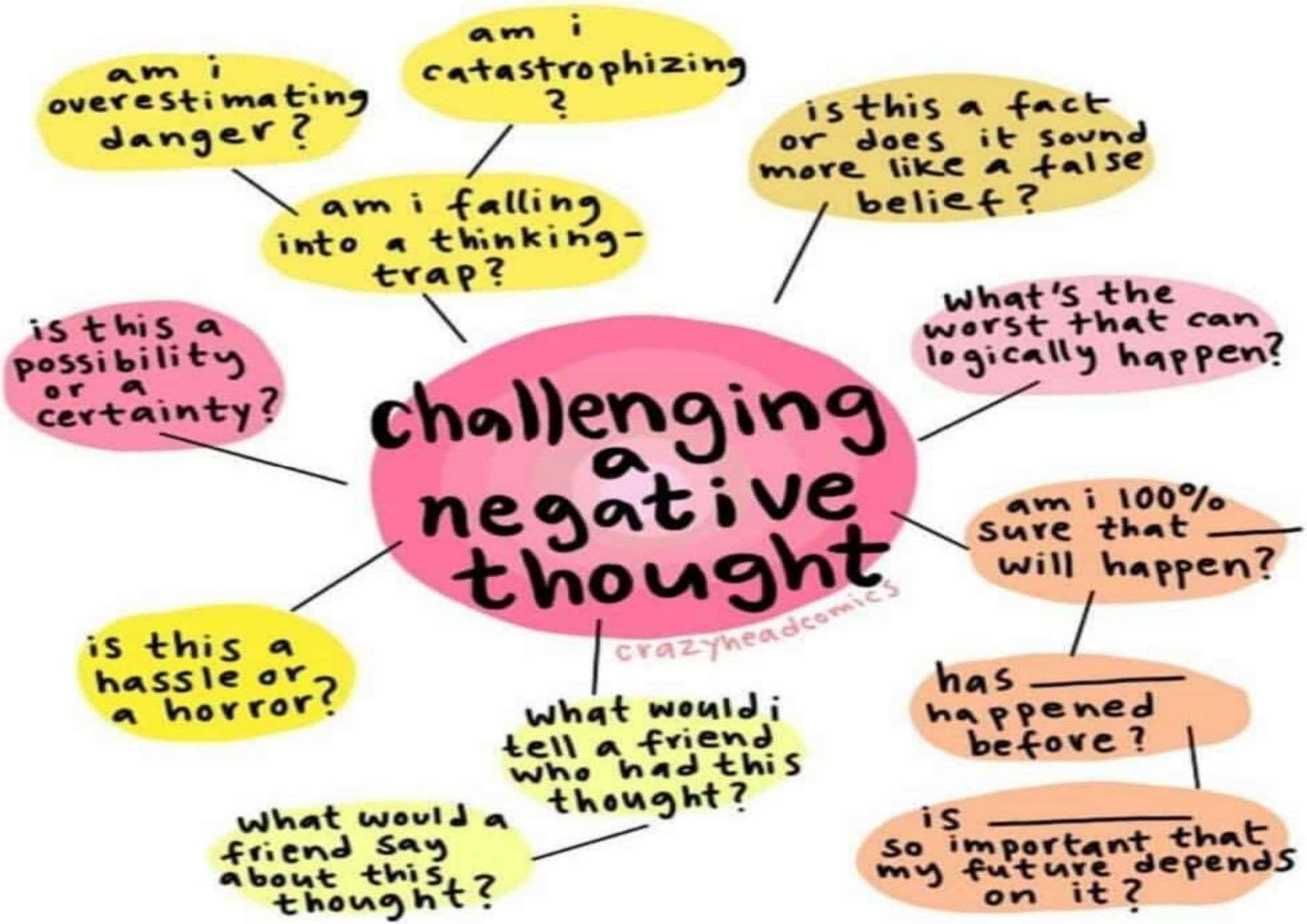
challenging a negative thought
crazyheadcomics
am i overestimating danger?
am i catastrophizing?
am i falling into a thinking-trap?
is this a fact or does it sound more like a false belief?
is this a possibility or a certainty?
what's the worst that can logically happen?
is this a hassle or a horror?
what would i tell a friend who had this thought?
what would a friend say about this thought?
am i 100% sure that ___ will happen?
has ___ happened before?
is ___ so important that my future depends on it?