

challenging a negative thought

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am i overestimating danger?

am i catastrophizing?

is this a fact or does it sound more like a false belief?

am i falling into a thinking-trap?

what's the worst that can logically happen?

is this a possibility or a certainty?

am i 100% sure that _____ will happen?

is this a hassle or a horror?

has _____ happened before?

what would i tell a friend who had this thought?

what would a friend say about this thought?

is _____ so important that my future depends on it?