CBSST: How to "Check It!"

Now that you can Catch yourself having a negative thought, what do you do about it? **"Check it!"**

This means check it out. Your thought might be helpful or it might be unhelpful. If it's unhelpful, you can try to recognize that! You can check it out on your own, or you can ask other people to help you check it out.

You can decide whether thoughts are helpful by asking yourself:

- Is it helpful for me to be thinking this right now?
- Am I making one of the Mistakes in Thinking from the handout?
- Have I had any experiences that show that this thought is not completely true all the time?
- If someone else had this thought, what would I tell him or her?
- If a friend knew I was thinking this thought, what would they point out to me to suggest that my thoughts were not 100% true?
- Are there any things that contradict my thoughts that I am ignoring?
- What am I not considering here? What am I missing here?
- Down the road, looking back at this situation, will I view it differently?
- What good side of me am I ignoring?
- Am I blaming myself for something I have little or no control over?
- Can I do anything about it today?
- What can I do today?

Don't jump to conclusions, **consider all the evidence** for and against thoughts **before you decide** whether they are helpful.

You can see that several of these questions are listed on your 3 C's handout. They are there to help you **ask yourself these questions when you catch a thought** that may not be helpful and you want to change it!
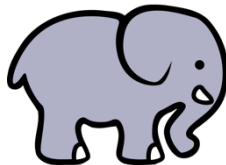
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