

Questions to ask

You and your disruptor are going to do some investigating. You're going to ask questions to test whether your conclusions in the moment were correct. Your hypothesis is that there is another explanation. Here are the questions you should ask.

Here are the questions you should ask to find your thinking errors:

1. Am I thinking all or nothing?
2. Did I use ultimatum words? (Always, Never, Everytime)
3. Did I condemn myself based on one event?
4. Am I concentrating on my weaknesses and ignoring my strengths?
5. Am I blaming myself for something I can't control?
6. Am I expecting myself to be perfect?
7. Did I take something personally when it wasn't about me?
8. Am I only seeing the negative?
9. Am I exaggerating the importance of an event?
10. Am I focusing on what could happen in the future or things that could happen right now? Or do I accept things for what they are so I can deal with it?
11. Am I overestimating the chance of a disaster?
12. Am I predicting the future instead of experimenting with it?
13. Am I telling myself I can never change?

Now we have to figure out if any of your situations had misguided thoughts so we can disrupt them and rewrite the ending.