



PRE-EMPTIVE
HEALTHCARE

QUESTIONING UNHELPFUL THOUGHTS

STEP ONE: IDENTIFY THE THOUGHT

Write down a thought that has been bothering you:

Unhelpful Thought:

STEP TWO: EXAMINE THE THOUGHT

Use these questions to assess whether the thought is truly accurate and helpful:

- What facts or experiences challenge this thought?
- Are you falling into common thinking traps, such as assuming the worst, seeing things in extremes, or making assumptions about what others think?
- If someone you care about had this thought, how would you respond to them?
- What are the advantages and disadvantages of thinking this way?
- Will this matter in six months?
- Can you find a more constructive or realistic way to look at this?

STEP THREE: DEVELOP A MORE BALANCED THOUGHT

Rewrite the thought in a way that feels fair, realistic and helpful:

Reframed Thought:

DIGGING DEEPER: EXPLORING CORE BELIEFS

If this thought still feels strong, try asking yourself:

- “If this were true, what would it mean?”
- Keep going until you uncover a deeper belief that might be influencing your thoughts.

This process can help bring your awareness to underlying fears or assumptions that may be shaping your perspective.

REFLECTION

After working through this exercise, what insights have you gained? How has your perspective shifted?