To begin to challenge distortions we ask:

1) **What's the evidence that the thought is true?** ("I'm a complete failure because I lost my job"…Can this be looked at objectively? What's the evidence for and against?)

2) **What's another way of looking at it?** (For ex, losing your job can be looked at as a way to get a better job or an incentive to learn new skills.)

3) **Even if it is true how bad are the consequences or So What?** (For ex, you may see that "even if I lose the job because of my deficiency, I can still choose to accept it and be OK with it.")