

I ask myself ...



Am I using black and white thinking? Where's the grey?

Am I exaggerating the situation?

What does this situation look like from other perspectives?

Will this matter in 5 years time?

What's the worst thing that could happen?

Am I filtering out the positives / negatives?

Am I really to blame? Is it my responsibility to fix?

Is this label / judgement helpful?

Am I jumping to conclusions?

Where is the evidence that what I'm thinking is true?

Am I assuming I know what the other person is thinking / feeling?

Are my expectations realistic?

What would my older wiser self advise me to do?

