

CHALLENGES

To Negative Attributions and Beliefs About the Self and Others

Lynne Henderson, Ph.D.

Do I know for certain that _____?

Am I 100% sure that _____?

Am I 100% sure that I/he/she has the sole responsibility for _____?

What evidence do I have that I/he/she is the cause of _____?

What evidence do I have that _____?

What evidence do I have that people are _____?

What evidence do I have that others cannot change _____?

What evidence do I have that I cannot change even if others do not _____?

Does _____ have to equal or lead to _____?

Is my/his/her whole personality or basic character involved in _____?

Could there be other explanations?

What is the likelihood that _____?

What is the likelihood that I have no control over _____?

Is _____ really so consequential or important?

Does my opinion or _____'s opinion reflect that of everyone else?

Could there be a less harsh way of viewing the behavior of others?

Do I need to ruminate about the behavior of the other person?

What is the likelihood that dwelling on his/her/my _____ will change it?

What is the likelihood that thinking about their negative behavior helps me change my
behavior _____?

Would I view a friend this way?

If he/she does _____, does that mean that he/she is callous, hostile, incapable of change?

What is the likelihood that labeling myself or others will improve my performance?

Is my need to feel superior compensating for something? What?

What is the likelihood that I just want my own way _____?

Do my fantasies of getting even help my mood?

Is _____ so important that my entire future resides with its outcome?

How important is it that I believe that I am wrong?

How important is it that I believe that I am right?

How important is it to convince others that I am right?

What is the likelihood that I will convince others through self-righteousness?

What will happen if I do not get my way?

Is this the only opportunity for _____?