

List of question (disputations) to challenge your thoughts and belief?		
Validity	Collect proof for and against	Which proof, facts and experience do I that fit this statement (belief)? Who can confirm it? Which proof, facts and experience do I have that?
Create distance	Creating distance	If others hear it, what would they say? Which advice would I give others in the same situation? Would they follow that advice?
Probability	How likely is it that the thought is true/false?	Has it previously proven to be true? How often?
Realistic	Are the thoughts realistic? Find nuances that fit the reality?	A more accurate way of seeing this could be ... It's not true because last time ... A more probable consequence is ...
Terrible	What are the actual consequences now and later?	Could anything else have happened? Are there relationships you have forgotten? What would someone else in the same situation think? If the worst happened? Can I still survive? How does it look in 3/6/9 months?
Appropriate	Even though I have made a mistake, failed the test, or let someone down - am I sure that my conclusion is right?	How useful is the thought of whether it's true for me?
	Does it help thinking this way	I'm never going to be able to read all those pages for tomorrow! I'm never going to finish this assignment on time
	Focus on what you can actually do or reach instead	
Own Resources	Draw attention to your own resources	What have I done to handle a similar situation previously? Who can help me? Is there something I can do, that I have forgotten?

This activity aims to increase emotional self-regulation, flexible thinking, build resilience and optimism. Before doing this activity, it is important that you have worked with 'The diamond'.

By challenging negative or irrational thoughts that hold us back, we can learn how to act more proactively and advance with our projects.

It may only take one negative criticism to make a person, who might otherwise receive regular positive feedback in life from friends, family and co-workers, feel worthless. Irrational thoughts provoked by a test in school or at work can dictate how one feels about oneself. By challenging these irrational thoughts, one can change the automatic thoughts, feelings, and related behaviour into a more positive outcome.

Example situation: Performed poorly in a test

<p>Learnings form The Diamond (negative and positive thoughts)</p> <p>How the Automatic Thoughts affect your behaviour.</p>	<p>I'm so embarrassed about the result! I should have done better in the test.</p>
<p>Core Belief: What I say to myself. (from the diamond activity)</p>	<p>I'm a bad student.</p>
<p>Critique of the thoughts/disputations</p> <p>Ask yourself:</p>	<p>Do I have evidence for my thought? (Validity)</p> <p>Is there evidence contrary to my thoughts?</p> <p>If I ask my friend or others what would they say or think about this situation?</p> <p>Please look at the list of disputation questions if you need more guiding questions.</p>
<p>Dispute your thoughts = Corrected Response</p> <p>What else could you think about yourself?</p>	<p>I failed this test, but I have passed other tests in the past. My grades overall are okay. I'm not the smartest person around, but there are certainly people doing worse than me.</p> <p>This specific area is hard for me; I do better in other classes. I didn't prepare for this test very well; I could perhaps improve my grades if I studied more effectively.</p>
<p>The new way of interpreting the situation = Energisation</p>	<p>I'm OK; I feel that I'm good enough.</p>