



STAR Your Thoughts
By Nicole Bensen

Study/scrutinize
Test
And
Restructure

Thought to be questioned:

Is there a time of year/day/career when I tend to feel this way?

What is the evidence supporting this thought?

What is the evidence challenging this thought?

Is this thought based on facts or feelings?

What are the facts?

What are the feelings?



STAR Your Thoughts

By Nicole Bensen

Is this thought as straightforward as I believe, or is there more complexity?

Could I be misinterpreting the evidence?

Am I making any assumptions?

What might be another explanation or viewpoint of the situation? Why else did it happen?

Is there evidence I have not yet considered? (Make sure you're not just looking at what supports the thought.)

Could my thoughts be an exaggeration of what is true?

Am I having this thought out of habit, or do the facts support it?

Did someone pass this thought to me? If so, is this a reliable source?

Is this thought a likely scenario or worst case scenario?

What are the worst, best, bearable and most realistic outcomes? (List each)



STAR Your Thoughts
By Nicole Bensen

What's the effect of thinking or believing this?

What could be the effect of thinking differently and no longer holding onto this thought?

What is one thing I can do if the worst happens?

What would I say to someone I love who believed this thought about themselves?

What would someone who loves me say?

Who are people I can connect with for support?

What quality do I possess that can help me with this challenge?

What is one positive step forward I can take?

Restructure (Based on Cognitive Behavioral Therapy)



STAR Your Thoughts

By Nicole Bensen

Step 1: Pause, take a breath, ground and calm yourself (What happened?)

Step 2: Identify the situation and trigger (Who, what, where, when, how, why?)

Step 3: Notice and examine your thoughts (What were the automatic thoughts immediately after the trigger?)

Step 4: Identify, name and rate your emotions (What emotions am I feeling right now, and how intense are they on a scale of 1–10?)

Step 5: Generate alternative thoughts and contradictory evidence (What are some alternative interpretations of what happened?)

Step 6: Re-rate your emotions (Scale of 1–10) and acknowledge how the process was able to decrease negative emotions.
