

KEY STRATEGY 2: Thought Challenging

WHAT IS HAPPENING	WHAT IS HE OR SHE THINKING	EVIDENCE AND ALTERNATIVES	WHAT HAPPENED IN THE END
	<p><i>Why are you worried?</i> <i>What do you think will happen?</i> <i>What is it about [this situation] that is making you worried?</i></p>	<p><i>What makes you think that [this situation] will happen?</i> <i>Has that ever happened to you before?</i> <i>Have you ever seen that happen to someone else?</i> <i>How likely is it that [this situation] will happen?</i> <i>Can you imagine that anything else will happen?</i> <i>If [this situation] did happen, could there be any other reasons for it?</i> <i>What would you think was happening if someone else was in the same boat?</i> <i>What would [another child] think if they were in this situation?</i> <i>How could you test out this thought?</i></p>	<p><i>What did your child think?</i> <i>What did your child do?</i> <i>How did your child feel?</i></p>