Challenging Your Victim/Distressing Narrative

Examine your thoughts for key words:

- Must, need to, got to, have to, ought to, and the shoulda, woulda, coulda's (these words are often associated with Expectations or Demands).

- Never, always, completely, totally, all, everything, everyone (these words are often associated with Predications).

- Awful, terrible, horrible, unbearable, disaster, worst ever, (these words are often associated with Magnifying).

- Jerk, slob, lazy, creep, hypocrite, bully, stupid, idiot, crazy, @X%*^#$! (these words are often associated with Labels).

Questions to Challenge Your Distressing Narrative:

1. Am I distressing myself unnecessarily?
2. How can I see this in another, less distressing way?
3. What are some other ways to view this situation?
4. Is my thinking working for or against me?
5. What are ways to think about the situation that might be more helpful?
6. Where is my focus, internal or external locus of control?
7. What am I **demanding** *"must"* happen?
8. What facts do I still need to gather?
9. Is this something I prefer to happen, rather that absolutely needs to happen?
10. Am I making the situation too terrible or horrible, could it be normal terrible?
11. What is so terrible about the situation?
12. What can I do to change the situation?
13. Am I labeling a person? How does this impact how I am responding?
14. What of my values is being triggered?
15. What of my values am I not respecting by my response?
16. What of my values do I need to use to support moving forward with grace?
17. Where in my body do I feel the upset?
18. Am I using extreme, black and white, or rigid language? What are other less extreme words that might be more accurate?
19. Am I fortune telling (predicting the future) or mind reading (making guesses about what others think or feel) in a way that gets me upset or unhappy?
20. Do I really know how another person feels or what they are thinking?
21. What are my options? Where is my control in the situation?
22. How would I like to respond?
23. What needs to change in me, in order to respond the way, I want?