



SMART Tool

DISPUTING (D) UNHELPFUL THINKING

Disputing is a process of challenging the way we think about situations. Disputing, or evidence testing, is about trying to look at thoughts more accurately. Disputing unhelpful thinking can help us make more informed decisions about thoughts instead of just acting on them. Remember, thoughts are not facts!

The following questions can help us challenge unhelpful thinking:

Do I have any experiences that show that this thought is not completely true all of the time?
 Is there any other way of viewing this situation?
 Is it rational? Does it make sense when I look at it with a clear head?
 If I were giving advice to someone I care about who was thinking like this, what might I say?
 Are there any strengths or positives in me or the situation that I might be ignoring?

Example: Someone thinks: 'I could just have one drink.'

Q: Do I have any experiences that show that this thought is not completely true?

Q: When was the last time I had 'just one drink'?

Q: Is there any other way of viewing this situation?

Q: Is it rational? Is this what I really want?

Q: If I were giving advice to someone I care about who was thinking this, what might I say?

Q: Are there any strengths or positives in me or the situation that I might be ignoring?

Balanced thinking leads to (E) Effective new beliefs.