

# Balanced Thinking

<p>What am I <b>thinking</b>?</p> 	
<p>What evidence is there to <b>support</b> this thought?</p> 	
<p>What evidence is there to <b>question</b> this thought?</p> 	
<p>What would my <b>best friend</b>/parent/teacher say if they knew I was thinking this way?</p> 	
<p>What would I <b>say to my best friend</b> if he or she had this thought?</p> 	
<p>Am I making any <b>thinking errors</b>?</p> 	