



## Questions to “Break the Brain”

- What else could be true?
- What function is this emotion I’m feeling playing?
- How could this thought/behavior/action be benefiting me?
- Who would I be if I didn’t think that?
- What can I learn from this?
- What assumptions am I making?
- How do I want to feel?
- What do I want to think/believe?
- What are the results I want to experience?
- Is this thought moving me towards or away from the life that I want?
- What is keeping me from moving forward?
- How can this reality in my life shape or change me?
- What if nothing has gone wrong? How could this be right?
- How could this be an opportunity to become more of who I want to be?
- What do I need right now?
- How could the opposite be true?
- What am I making this mean about me personally?
- How is my brain trying to keep me safe with this thought?
- What if what I’m thinking/believing isn’t true at all?
- What’s possible?
- What are my choices?