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Five Questions for Challenging Mistaken Beliefs

1. What is the evidence for this belief? Looking objectively at all of my life experience, what is the evidence that this is true?

2. Does this belief invariably or always hold true for me?

3. Does this belief look at the whole picture? Does it take into account both positive and negative ramifications?

4. Does this belief promote my well-being and/or piece of mind?

5. Did I choose this belief on my own or did it develop out of my experience of growing up in my family?
