

# TRUTH

A filter for accurate thinking

## T

### ested

*What's the evidence my thought is true? How much of it is true?*  
*Is there evidence against my thought?*

## R

### ational

*Does it make sense? Is there another way of looking at this situation?*

## U

### seful

*Is it useful in attaining my goals?*  
*How does this thought get in the way of my life goals?*  
*Is it useful to encourage others or myself?*  
*What would I tell a friend in the same situation who had this same thought?*  
*What advice would I give him or her?*

## T

### ue

*If it's true, what's the worst that could happen?*  
*How could I cope? (problem solve)*  
*What's the best that could happen?*  
*What's the most realistic outcome?*

## H

### elpful

*What's the effect of telling myself that over and over?*  
*Does my thought reduce my unpleasant emotions?*  
*What are the advantages or disadvantages of believing this?*  
*What could be the effect of changing my thinking?*

What should my new thought be?