



## Quick Quiz: Are you Thinking Rationally?

There are five simple questions you can ask yourself to determine if you're thinking rationally about a situation or topic.

**1. Is the thought I'm having based on objective reality (factual and evidence based)?**

→ List the evidence; recognize the difference between "truth" (subjective) and fact

**2. Is the thought I'm having helping to protect my life or health?**

**3. Does the thought I'm having support my goals?**

→ Consider short-, mid-, & long-term goals and what really matters to you in the long run

**4. Does the thought I'm having minimize significant emotional or relational conflict?**

→ In other words, the thought reduces conflict to a level you're **willing** to accept or tolerate

**5. Does the thought I'm having help me feel the way I want to feel?**

**REMEMBER!**

3 or more answers of "No" = This thought is irrational and you might want to consider reframing it (or perhaps just getting some distance from it!)

3 or more answers of "Yes" = This thought sounds pretty rational!

What is rational for one person may or may not be rational for another person. Also, what is rational for you one day, may not stay rational the next day - circumstances change, so it's wise to stay flexible around thoughts and beliefs!