What would my best friend say?

When you notice unhelpful thoughts racing through your mind catch them and ask yourself what someone else would say if they heard you thinking like this?

What thoughts are tumbling around your head?

What would your best friend say if they heard you thinking like this?

What would someone you respect (mum/dad/teacher) say?

What would I say to my best friend if I heard them thinking like this?

Is there a different and more helpful way of thinking about this?