**Questioning and challenging suspicious thoughts**

Asking yourself these questions can help you work out whether your

suspicious thoughts are paranoid or justified.

• Would other people think my suspicions are realistic?

• What would my best friend say?

• Have I talked to other people about my worries?

• Is it possible I have exaggerated the threat?

• Is there any evidence for my suspicions that can't be questioned?

• Are my worries based on events that could be viewed in different ways?

• Are my worries based on my feelings rather than definite evidence?

• Is it likely that I would be singled out above everyone else?

• Is there any evidence against my beliefs?

• Is it possible that I'm being oversensitive?

• Do I still feel suspicious even though other people have reassured me that there is no reason to be?