

Critical Thinking Cheatsheet

Who

- ... benefits from this?
- ... is this harmful to?
- ... is most directly affected?

What

- ... is another perspective?
- ... is another alternative?
- ... would be a counter-argument?
- ... is the best/worst case scenario?
- ... is the most/least important?
- ... can I do to make a positive change?
- ... is stopping my ability to chose?

Where

- ... can I get more information?
- ... do I get help with this?
- ... will this thought take me?
- ... can I make changes in my thoughts?

When

- ... would this cause a problem?
- ... is the best time to take action?
- ... will I know I've succeeded?
- ... can I expect this to change?
- ... should I ask for help with this?

Why

- ... is this a problem/challenge?
- ... is this relevant to me?
- ... is this the best/worst case scenario?
- ... do I need to do something today?

How

- ... is this similar to _____?
- ... does this disrupt things?
- ... do I know the truth about this?
- ... does this benefit/harm me?
- ... do I see this unfolding in the future?
- ... can I change this for the better?