

## WORKSHEET 7.1: HARMFUL THOUGHT PATTERNS AND TALKING BACK

HARMFUL THOUGHT PATTERN	TALKING BACK TO YOUR HARMFUL THOUGHT PATTERNS
<p><b><u>All or Nothing Thinking:</u></b> Thinking in extremes (can only be at one end of the scale, top or bottom). For example, all good or all bad, the best or worst, perfect or a failure.</p>	<ul style="list-style-type: none"> <li>• What’s in the middle?</li> <li>• Are there more shades of grey?</li> </ul>
<p><b><u>Overgeneralization:</u></b> Taking one negative characteristic or event and seeing it as a never-ending pattern. For example, somebody betrayed me so I don’t trust anyone. I couldn’t do this one thing so I can’t do anything.</p>	<ul style="list-style-type: none"> <li>• Am I assuming that every situation and every person are the same?</li> <li>• This is just one situation, one person.</li> <li>• Can I remember other situations and people that were different?</li> </ul>
<p><b><u>Blaming Oneself:</u></b> Thinking that when negative things happen they are always your fault</p>	<ul style="list-style-type: none"> <li>• Am I to blame for <u>everything</u> that turns out badly?</li> <li>• Do <u>only</u> bad things happen to me?</li> <li>• Remember the good that has happened to me and all that I have achieved.</li> </ul>
<p><b><u>Negative Fortune Telling:</u></b> Thinking that you can see how things will be in the future and that they are sure to turn out badly.</p>	<ul style="list-style-type: none"> <li>• Can I really predict the future?</li> <li>• Why not find out how it will turn out rather than just imagine the worst?</li> <li>• Things could change.</li> </ul>

(Adapted from David Burns, *Feeling Good: The New Mood Therapy*. Morrow, 1980)