## WORKSHEET 7.1: HARMFUL THOUGHT PATTERNS AND TALKING BACK

<table>
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<tr>
<th>HARMFUL THOUGHT PATTERN</th>
<th>TALKING BACK TO YOUR HARMFUL THOUGHT PATTERNS</th>
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| **All or Nothing Thinking:** 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. | • What’s in the middle?  
• Are there more shades of grey? |
| **Overgeneralization:** 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. | • Am I assuming that every situation and every person are the same?  
• This is just one situation, one person.  
• Can I remember other situations and people that were different? |
| **Blaming Oneself:** Thinking that when negative things happen they are always your fault | • Am I to blame for **everything** that turns out badly?  
• Do **only** bad things happen to me?  
• Remember the good that has happened to me and all that I have achieved. |
| **Negative Fortune Telling:** Thinking that you can see how things will be in the future and that they are sure to turn out badly. | • Can I really predict the future?  
• Why not find out how it will turn out rather than just imagine the worst?  
• Things could change. |

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