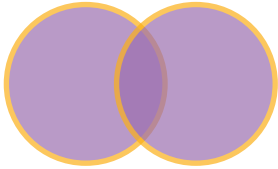



WORKSHEET 5.1: UNHELPFUL THOUGHT PATTERNS AND CHALLENGING THEM

UNHELPFUL THOUGHT PATTERN	TALKING BACK TO YOUR UNHELPFUL THOUGHT PATTERNS
<p>All or Nothing Thinking:</p> <p>Thinking in extremes. For example, all good or all bad, the best or the worst, perfect or failure.</p>	<ul style="list-style-type: none"> • What’s in the middle? • Are there more shades of gray? 
<p>Overgeneralization:</p> <p>Taking one negative characteristic or event and seeing it as a never-ending pattern. For example, someone 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"> • 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?
<p>Blaming Oneself:</p> <p>Thinking that when negative things happen they are always your fault</p>	<ul style="list-style-type: none"> • Am I to blame for everything that turns out badly? • Do only bad things happen to me? • Remember the good that has happened and all that I have achieved.
<p>Negative Fortune Telling:</p> <p>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"> • Can I really predict the future? • Why not find out how it will turn out rather than just imagine the worst?