

Pivot Behavioral Health

Unhelpful Thinking

Instructions: Take a read through the following list of unhelpful thinking patterns and make note of any you find yourself doing on a regular basis.

Date: _____

| | | |
|--------------------------|-------------------------------|---|
| <input type="checkbox"/> | All-or-Nothing | Seeing things in black and white categories. For example, if your performance falls short of perfect, you see yourself as a total failure and give up. |
| <input type="checkbox"/> | Overgeneralization | Seeing a single or a couple negative event(s) as a never-ending pattern. For example, if a couple people are rude to you, thinking that all people are rude. |
| <input type="checkbox"/> | Negative Filter | Picking out a single negative detail and dwelling on it exclusively so that reality becomes darkened. For example, seeing the trash on the ground and not the flowers. |
| <input type="checkbox"/> | Discounting Positives | Rejecting positive experiences by insisting they “don't count” for some reason or another. For example, thinking that doing well on a task doesn't matter because you're a failure. |
| <input type="checkbox"/> | Mind Reading | Assuming that someone is reacting negatively to you, and you don't bother to check this out. For example, thinking that someone doesn't like you because they didn't say hello. |
| <input type="checkbox"/> | Catastrophizing | You anticipate that things will turn out badly, and you feel convinced that your prediction is an already established fact. For example, thinking you will lose your job because you got negative feedback from a supervisor. |
| <input type="checkbox"/> | Magnification or Minimization | Exaggerating the importance of things or inappropriately shrinking things until they appear tiny. For example, thinking that others noticed you didn't do your job perfectly. |
| <input type="checkbox"/> | Emotional Reasoning | Assuming that your negative emotions necessarily reflect the way things really are: “I feel it, therefore it must be true.” For example, thinking that you are disgusting because you feel disgusted about yourself. |
| <input type="checkbox"/> | Should Statements | Using shoulds and shouldn'ts. Framing things in terms of failure and punishment, moral perfection and imperfection. For example, judging yourself for a mistake because you “should have known better.” |
| <input type="checkbox"/> | Labeling | Using a general negative label to describe yourself or others as opposed to describing the error that occurred. For example, thinking someone is an “asshole” because they cut you off in traffic. |
| <input type="checkbox"/> | Personalization | Seeing yourself as the cause of some negative external event, which in fact you were not primarily responsible for. Or, assuming that an action was meant to be directed towards you when it wasn't. For example, thinking other people are out to get you when in reality you were in the wrong place at the wrong time. |
| <input type="checkbox"/> | Blaming | Blaming other people and overlooking ways that your own attitudes and behaviors might have contributed to the problem. For example, blaming your spouse for a conflict when your communication style played a role. |

Write down a few examples of your own thinking patterns that are unhelpful: