

## Keeping Thinking Errors in Check

<b>SITUATION</b> What happened? When did it happen? Where were you? Who were you with?	<b>AUTOMATIC THOUGHT</b> What went through your mind? (Thoughts, images, or memories)	<b>UNHELPFUL THINKING PATTERNS</b>
		<input type="checkbox"/> <b>All or nothing thinking</b> Thinking in extremes. For example, something is either 100% good or bad. <input type="checkbox"/> <b>Over-generalizing</b> Seeing a pattern based upon a single event <input type="checkbox"/> <b>Catastrophizing</b> Jumping to the worst possible conclusion <input type="checkbox"/> <b>Mental Filter</b> Only paying attention to certain types of evidence ("that doesn't count") <input type="checkbox"/> <b>Jumping to conclusions</b> Reading or predicting the future <input type="checkbox"/> <b>Disqualifying the positive</b> Discounting positive information or twisting a positive into a negative <input type="checkbox"/> <b>Minimization</b> Discounting the importance of something <input type="checkbox"/> <b>Emotional reasoning</b> Assuming that because we feel a certain way our hunch must be true <input type="checkbox"/> <b>Low frustration tolerance</b> Saying things like "this is too difficult", "this is unbearable" or "I can't stand it" <input type="checkbox"/> <b>Personalization</b> Taking too much or too little responsibility <input type="checkbox"/> <b>Labelling</b> Assigning labels to ourselves or others ("I'm rubbish") <input type="checkbox"/> <b>Demands</b> Using words like 'should', 'must', and 'ought'
	<b>ALTERNATIVE THOUGHT</b> (eliminating the negative thinking pattern)	

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My best friend refused my invitation to the cinema. She is going to a comedy show with Yennefer.	This is how it goes in my life; all my friends dump me when new people enter in their life.  I must be a boring friend.  I feel betrayed. She tries to get rid of me-she is not a true friend.	<input type="checkbox"/> <b>All or nothing thinking</b> Thinking in extremes. For example, something is either 100% good or bad. <input checked="" type="checkbox"/> <b>Over-generalizing</b> Seeing a pattern based upon a single event <input checked="" type="checkbox"/> <b>Catastrophizing</b> Jumping to the worst possible conclusion <input type="checkbox"/> <b>Mental Filter</b> Only paying attention to certain types of evidence ("that doesn't count") <input type="checkbox"/> <b>Jumping to conclusions</b> Reading or predicting the future <input type="checkbox"/> <b>Disqualifying the positive</b> Discounting positive information or twisting a positive into a negative <input type="checkbox"/> <b>Minimization</b> Discounting the importance of something <input checked="" type="checkbox"/> <b>Emotional reasoning</b> Assuming that because we feel a certain way our hunch must be true <input type="checkbox"/> <b>Low frustration tolerance</b> Saying things like "this is too difficult", "this is unbearable" or "I can't stand it" <input type="checkbox"/> <b>Personalization</b> Taking too much or too little responsibility <input type="checkbox"/> <b>Labelling</b> Assigning labels to ourselves or others ("I'm rubbish") <input type="checkbox"/> <b>Demands</b> Using words like 'should', 'must', and 'ought'
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	I wish my friend could come with me to this movie. Still, just because she already has plans with someone, it does not mean that our friendship is less strong or that I am not worthy of her trust and time.	