



\_\_\_\_\_  
Name Date Therapist

Situation: \_\_\_\_\_

Feelings: \_\_\_\_\_

Risky (Rate 1-10)	Thoughts

Risky (Rate 1-10)	Beliefs

**Thinking Patterns:** *For those that need to be changed!*


**New Thoughts:** *For those that are risky!*


**New Beliefs**


## Thinking Report & Thinking Patterns

### All-Or-Nothing Thinking

You see things in black-and-white categories. If your performance falls short of perfect, you see yourself as a total failure. If you don't have it all, you have nothing. If you don't win, you have lost everything.

### Perfectionism

You believe that if you do not perform perfectly, you will be embarrassed, disgraced, and doomed. Not being able to do something perfectly can end up meaning not doing anything at all.

### Overgeneralization

You see a single negative event as a never-ending pattern of defeat. If it happened once, it will always happen.

### Global Labeling

This is a variation of overgeneralization whereby you tell yourself you can't do anything right or nothing ever works out for you.

### Negative Mental Filter

You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened, like the drop of ink that colors the entire beaker of water.

### Disqualifying The Positive

You reject positive experiences by insisting they "don't count" for some reason or other. You insist on drawing conclusions only from that part of the evidence that is negative. In this way, you can maintain a negative belief that is contradicted by your everyday experiences. This is an example of the "yeah, buts."

### Jumping To Conclusions

You make a negative interpretation even though there are no definite facts that convincingly support your conclusion.

### Mind Reading

You believe that you know what someone else is thinking. You arbitrarily conclude that someone is reacting negatively to you, and you don't bother to check this out. You may also assume that others in your life should be able to read your mind.

### Personalization

This is the process of taking an event that has nothing to do with you as a personal affront, or

You see yourself as the cause of some negative external event that, in fact, you were not primarily responsible for.

### Emotional Reasoning

You assume that your negative emotions necessarily reflect the way things really are: "I feel it, therefore it must be true."

### Fortune Telling

You assume you should always know what is coming before it gets here. Many times you feel and act as if something in the future is an already established fact. You anticipate that things will turn out badly, and you feel convinced that your prediction is an already-established fact.

### Magnification (Catastrophizing)

You exaggerate the importance of things (such as your goof-up or someone else's achievement). You magnify the potential results of any misstep, making a mountain out of a molehill.

### Minimization

You inappropriately shrink things until they appear tiny (your own desirable qualities or the other fellow's imperfections). You don't give yourself credit for good decisions or you downplay any compliments given to you.

### Comparative Thinking

You believe you are in a competition with others. You usually find in your comparisons that you never measure up. Others are all happier, worthier, more famous, more successful.

### Uncritical Acceptance Of Criticism

You define your self-worth by what others think of you.

### Selective Editing

You have decided that the only result in a situation is negative. As a result, you accept as valid only those pieces of information that led to your negative conclusion.

### Should Syndrome

You believe that there is only one right way to do anything, and if you don't do it that way, you're a loser. You conjure up a set of expectations about the way things should be (or what others say they should be) and then measure yourself, without mercy, against it. You try to motivate yourself with shoulds and shouldn'ts, as if you had to be whipped and punished before you could be expected to do anything. "Musts" and "oughts" are also offenders. The emotional consequence is guilt. When you direct should statements toward others, you feel anger, frustration, and resentment.

### Labeling And Mislabeled

This is an extreme form of overgeneralization. Instead of describing your error, you attach a negative label to yourself: "I'm a loser." When someone else's behavior rubs you the wrong way, you attach a negative label to him: "He's a jerk." Mislabeled involves describing an event with language that is highly colored and emotionally loaded.