

THINK !

Ask yourself if your thought is:

TTrue?

Is this thought FACT or opinion?

What IS absolutely true about this situation?

Helpful?

Is this thought helpful to me?

What WOULD be helpful to think right now?

Inspiring or Important?

Does this thought inspire me, or is it very important, right now?

What IS really important to think or do right now?

Necessary?

Do I really need to believe and act on this thought?
Immediately? Later? Never?

What IS necessary to do right now?

Kind?

Is this thought kind to me or others?

What WOULD be a kind thought, right now?

If you answer NO to any of these **THINK** questions, you can:

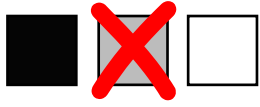
- Safely dismiss the thought
- React to the thought using the more reasonable (blue/italics) thoughts.

Then choose your new focus of attention.



Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

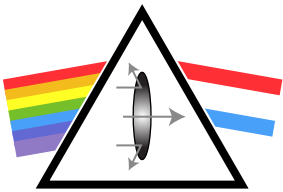
Either I do it right or not at all

Over-generalizing



Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence

Noticing our failures but not seeing our successes

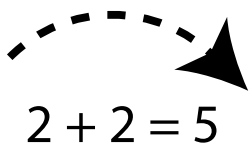
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

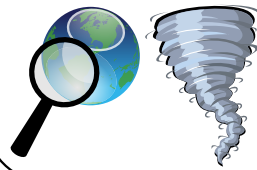
Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophizing) & minimization



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true

I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

Personalization

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault

Conversely, blaming other people for something that was your fault