

UNHELPFUL THINKING STYLES CHECKLIST

From the workbook
*Noticing extreme and
unhelpful thinking*



Unhelpful
thinking style

Some typical thoughts

Check here
if you have
noticed this
— even just
sometimes

Being your own
worst critic/bias
against yourself

- I judge myself harshly
- I overlook my strengths/positive things
- I dwell on my failures
- I downplay my achievements

Putting a negative
slant on things
(negative mental filter)

- I see life through dark, tinted glasses
- The glass is half empty rather than half full
- Whatever I've done is never enough to give me a sense of achievement
- I tend to focus on the bad side of every situation

Having a gloomy view
of the future (make
negative predictions)

- I predict things will stay bad or just get worse
- I always expect to fail

Jumping to the very
worst conclusion
(catastrophizing)

- I tend to predict that the very worst will happen

Having a negative view
about how others see
you (mind-reading)

- I often think that others don't like me or think badly of me without any reason for it

Unfairly taking
responsibility for things

- I feel guilty about things even if they aren't really my fault

Making extreme
statements or rules

- I use the words 'always' and 'never' a lot
- If one bad thing happens to me I say "*just typical*" because it seems this always happens
- I make myself a lot of 'must,' 'should,' 'ought' or 'got to' rules