

When thinking gets stuck.

Notice unhelpful thinking patterns

Which feels familiar? These are patterns to notice, not labels for you. Tick any that fit. Choose one to explore, using your own example.



All or nothing

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Seeing only two extremes and missing the middle ground.

"If I do not do it perfectly, I have failed."

What would a middle ground look like?



Predicting the worst

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Treating a feared outcome as though it is already decided.

"One mistake will make everything fall apart."

What else could happen?



Mind reading

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Filling in someone else's thoughts without enough information.

"They think I am selfish for saying no."

What do I know, and what am I guessing?



Treating feelings as facts

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Using how I feel as evidence for what is happening.

"I feel guilty, so I must have done something wrong."

What information is there alongside this feeling?

Which feels familiar? What is an example from my own life?

When thinking gets stuck.

Notice unhelpful thinking patterns

A pattern may show up in one situation and not another. More than one can fit. Notice what is useful to explore, without judging yourself.



Strict rules

Holding rigid rules that leave little space for needs or limits.

"I should always cope. I must not disappoint anyone."

Could this be a preference rather than a rule?

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Taking too much responsibility

Taking more than my share of responsibility for what happens.

"They are upset. It must be something I have done."

What part is mine, and what else played a part?

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Focusing on the negative

Letting one difficult part overshadow everything else.

"That awkward moment ruined the whole conversation."

What other details am I leaving out?

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Dismissing the positive

Explaining away positive experiences or feedback.

"They only said that to be nice."

What if I let this count, even a little?

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Which feels familiar? What is an example from my own life?