

In-Session 9 Worksheet—Thinking Patterns

Everyone has **thinking patterns, which are kind of like thinking habits**. These patterns can influence our emotions and behavior. Sometimes our patterns can be unhelpful because they can prevent us from seeing things clearly and making empowered choices.

Here are some examples:

All-or-Nothing Thinking: Using words like “always” and “never” to describe situations when it might be more accurate to use less extreme words. For example, if a first date goes badly, saying to yourself, “I’m never going to be able to find anyone. No one will ever love me.”



Catastrophizing: Expecting only the worst possible outcomes without giving room for possible good outcomes. For example, thinking that if you did poorly on the first exam in college class, it means you will fail the course and you should drop the class rather than try studying more.



Mind Reading: Assuming you know what others are thinking or feeling without checking it out. For example, thinking a friend is angry with you if they do not answer your text quickly.



Fortune-Telling: Thinking you know what the future will bring based on very limited information. For example, thinking the day will be horrible because you got a late start.



Feelings as Facts: Believing that if you feel something it must be true. For example, feeling suspicious and becoming convinced that someone is going to harm you instead of checking in on whether you are just feeling anxious.



Jumping to Conclusions: Assuming the meaning of a situation even though you don't have all the facts. For example, thinking you know what someone else is thinking (**Mind Reading**) or that you know what will happen in the future (**Fortune-Telling**).



“Should” Statements: Believing things should be a certain way, for example, holding yourself or others to an unrealistic standard. For example, being very harsh with yourself because you committed to a strict exercise program and then had to miss a day at the gym because you were ill.

