

# How to Recognize Unhelpful Thoughts



## **Fortune Telling:**

I assume something bad is going to happen, even if I don't really know for sure.



## **Disaster Making:**

I decide that something will not be just bad, but so bad that I could not handle it.



## **Mind Reading:**

I think I know what people are thinking or what their motives are.



## **All or Nothing**

**Thinking:** I think things need to be perfect. Anything other than perfection is terrible.



## **Unhelpful Thoughts:**

I dwell on certain unhelpful thoughts, whether they are true or not.



## **Should Statements:**

I think I know how I or others should speak and act.



## **Feeling Makes Facts:**

I decide that things are true, solely because I feel it to be so.



## **Focus on the Bad:**

I focus on evidence that things will go wrong and filter out non-supportive evidence.



## **Labeling:**

I decide that one negative thing is true of me or others and apply it to all situations.