Spot the thinking style

Practise naming the habit before you try it on your own thoughts.

Name _____ Date _____

Read each thought. Which unhelpful thinking style is at work? There may be more than one. Then write a fairer way of putting it.

The thought	Thinking style	A fairer way of putting it
1. "I stumbled over one answer. The whole interview was a disaster."		
2. "He has not texted back. He has gone off me."		
3. "I feel so guilty, I must have done something wrong."		
4. "I should never need to ask for help."		
5. "They said the meal was lovely, but they were only being polite."		
6. "If I go to the party, nobody will talk to me."		
7. "I forgot her birthday. I am a terrible friend."		

Now my thoughts from this week

My thought	Thinking style	A fairer way of putting it

One way of reading them: 1 all-or-nothing thinking, 2 mind reading, 3 emotional reasoning, 4 "should" and "must", 5 discounting the positive, 6 fortune telling, 7 labelling. Several fit more than one.

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