

Thinking Patterns Worksheet

Listed below are several different patterns of thinking that people use in different life situations. These patterns often become automatic, habitual thoughts that cause us to engage in self-defeating behavior. Considering your own stuck points, or samples from your everyday thinking, find examples for each of these patterns. Write in the stuck point or typical thought under the appropriate pattern and describe how it fits that pattern. Think about how that pattern affects you.

1. **Jumping to conclusions or predicting the future.**
2. **Ignoring important parts** of a situation.
3. **Oversimplifying** things as “good—bad” or “right—wrong” or **overgeneralizing** from a single incident (applying one experience too broadly).
4. **Mind reading** (assuming that people are thinking negatively of you when there is no definite evidence for this).
5. **Emotional reasoning** (using your emotions as proof—for example, “I feel fear, so I must be in danger”).