



The Thought Workbook

“Not everything’s the way it seems.”

Unhelpful Thinking Styles

Is your mind lying to you?.. Whenever you encounter a negative thought, check for cognitive distortions - irrational thinking patterns that can make you perceive things in a way that's not entirely true.

Black & White thinking

Believing that things can only be good or bad, like seeing only black and white colors, without shades of grey.

Jumping to Conclusions

Assuming to know what someone else is thinking (Mind Reading) or making predictions about the future (Fortune Telling).

Personalization

Blaming yourself for everything that goes wrong, even when you are only partly responsible or not responsible at all.

Catastrophizing

Seeing a situation as terrible, dreadful or horrible, imagining the worst possible scenario and believing it will come true.

Should & Must Thinking

Creating unreasonable demands for yourself or others, like you / other people "must" or "should" do something.

Overgeneralization

Believing that if a thing, event or situation happened once, then it is bound to happen again and again.

Labeling

Making global statements about yourself or others based on opinions or situations ("I'm stupid", "He's a jerk" and similar).

Emotional Reasoning

Believing that something is bad because you feel bad. ("I feel awful so it means something awful is going to happen").

Magnification & Minimization

Magnifying the positive attributes of other people and minimizing your own positive abilities, achievements or talents.

Mental Filtering

Focusing only on the negative events or things in your life, disqualifying all the positive ones.

Thought Reframe

What happened?

Unhelpful thoughts (what bothers you in this situation?)

Emotions (how these thoughts make you feel?)

Unhelpful thinking styles (can you spot any of them in your thoughts?)

Reframe your thoughts into something more positive :

Outcome (how do you feel now?) _____

Reality Check

What bothers you?

To check if your thought or belief is intact with reality, list all the facts you have for and against this thought.

Facts that prove this thought is true

Facts that prove this thought is made up

Remember : a fact is something that is based on evidence.

*“The happiness of your life depends on the
quality of your thoughts”*

- Marcus Aurelius -

Finding a Solution

Sometimes we are ruminating on certain thoughts because we don't know what to do in certain situations. In these cases, list down all the solutions you can think of. Then – choose 3 most preferable solutions + their pros and cons. Choose the winner, write down the steps needed to achieve your solution and start with step 1.

Problem (what's bothering you?)

| Possible solutions | Winner |
|--------------------|--------|
| | |

Finding a Solution

Winner No. 1 :

Pros :

Cons :

Winner No. 2 :

Pros :

Cons :

Winner No. 3 :

Pros :

Cons :

Finding a Solution

Final winner (a chosen solution)

| Steps to achieve this solution | Done? |
|--------------------------------|-------|
| | |

Thoughts (why is it important to you to solve this problem?)

*“You can’t stop the waves.
But you can learn to surf.”*

- Jon Kabat Zinn -

Helpful Thoughts

If you are used to thinking negative thoughts every time something stressful happens, practice creating a positive thought instead. Write down negative thoughts that appear most often in your head and think of a positive, inspiring or encouraging counter-thought.

Negative automatic thoughts

Positive counter-thoughts

“Positive thinking will let you do everything better than negative thinking will.”

- Zig Ziglar -