Patterns of Problematic Thinking Worksheet

Listed below are several types of patterns of problematic 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, find examples for each of these patterns. Write in the stuck point under the appropriate pattern and describe how it fits that patter. Think about how that pattern affects you.

1. **Jumping to Conclusions** when the evidence is lacking or even contradictory

2. **Exaggerating or minimizing** a situation (blowing things way out of proportion or shrinking their importance inappropriately).

3. **Disregarding important aspects** of a situation.

4. **Oversimplifying** things as good/bad or right/wrong.

5. **Over-generalizing** from a single incident (a negative event is seen as a never-ending pattern).

6. **Mind reading** (you assume people are thinking negatively of you when there is no definite evidence for this).

7. **Emotion reasoning** (you have a feeling and assume there must be a reason).