

THOUGHT PATTERN CHECKLIST

CREATED BY STRIDE WELLNESS



NEGATIVE FILTERING

FILTERING OUT THE POSITIVE AND SEEING ONLY THE NEGATIVE.

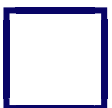
EX: YOU'VE BEEN TOLD A WORK PROJECT WAS A SUCCESS BUT IT NEEDS ONE ALTERATION. WHEN ASKED ABOUT IT, YOU SAY THE BOSS DIDN'T LIKE IT.



BLACK & WHITE THINKING

THERE'S NO GREY, MIDDLE GROUND OR AVERAGE. IT'S ONE THING OR ANOTHER.

EX: YOU'RE EITHER A FAILURE OR A SUCCESS.



OVERGENERALIZATION

WE USE ONE PIECE OF INFO OR A SINGLE EVENT TO DRAW A CONCLUSION ABOUT FUTURE EVENTS.

EX: YOU APPLY FOR A JOB BUT DON'T GET IT. YOU THINK YOU'LL NEVER GET A JOB SO THERE'S NO POINT OF APPLYING FOR ANY IN THE FUTURE.



LABELING

ATTACH LABELS TO ONESELF OR OTHERS BASED OFF OF ONE OR TWO QUALITIES.

EX: A CASHIER MAKES A MISTAKE AND YOU COMPLAIN THAT THEY'RE INCOMPETENT AND A THIEF!



JUMPING TO CONCLUSIONS

KNOWING WHAT SOMEONE ELSE IS THINKING OR FEELING WITHOUT ASKING THEM. PREDICTING HOW PEOPLE WILL ACT OR WHAT THE CONSEQUENCES OF SOMETHING WILL BE BEFORE IT HAPPENS.

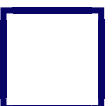
EX: YOU MISS A HOCKEY TRYOUT BECAUSE YOU'RE SICK SO YOU KNOW YOU'LL GET CUT FROM THE TEAM.



CATASTROPHIZING

WE SEE UNPLEASANT EVENTS AS CATASTROPHES.

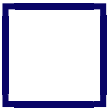
EX: AFTER A DATE YOU REALIZE YOU HAD PARSLEY STUCK IN YOUR TEETH. YOU BELIEVE YOU'LL NEVER GET A SECOND DATE AND WILL BE SINGLE FOREVER.



BLAMING

WE BLAME OTHERS, OURSELVES OR A SITUATION FOR THINGS WHERE IT'S EITHER OUT OF OUR CONTROL OR THERE IS NO CONNECTION.

EX: BLAMING YOUR POOR WORK PERFORMANCE ON HAVING TO WORK OVERTIME.



SHOULD S

WE HAVE A LIST OF RULES OR BELIEFS WE HOLD THAT WE AND OTHERS "SHOULD" LIVE UP TO.

EX: I'M AN ADULT, I SHOULDN'T BE AFRAID TO FLY. I SHOULD BE ABLE TO CONTROL MY FEARS.



EMOTIONAL REASONING

WE SEE OUR EMOTIONS AS BEING RESPONSIBLE FOR OUR BEHAVIOURS (BUT NOT IN THE REVERSE).

EX: I'LL EXERCISE WHEN I FEEL BETTER ABOUT MYSELF.



PERSONALIZATION

TAKING THINGS PERSONALLY AND DISMISSING OTHER POSSIBILITIES (OTHER THAN SELF).

EX: YOUR TEACHER LOOKS UNHAPPY SO IT MUST BE DUE TO SOMETHING YOU SAID OR DID.



MUST BE RIGHT

THE THOUGHT OF BEING WRONG IS SO UNBEARABLE, YOU'LL DO WHATEVER IT TAKES TO PROVE YOU'RE RIGHT.

EX: WHEN ARGUING WITH YOUR PARTNER, YOU MAKE UP EVIDENCE TO PROVE YOU'RE RIGHT.



CONTROL FALLACIES

WE EITHER BELIEVE WE'RE A VICTIM OF FATE OR BELIEVE WE'RE IN CONTROL OF THINGS WE'RE NOT.

EX: I'M RESPONSIBLE FOR THE HAPPINESS OF MY FAMILY.



FAIRNESS FALLACY

WE USE SOME KIND OF RULER TO MEASURE FAIRNESS AND WE JUDGE THE FAIRNESS OF EVENTS IN OUR LIVES.

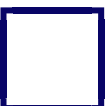
EX: YOUR CHILD ATTENDS ALL PRACTICES AND TRIES HARD SO YOU FIND IT UNFAIR THEY'RE NOT A STARTER.



FALLACY OF CHANGE

OTHERS WILL OR SHOULD CHANGE TO INCREASE OUR HAPPINESS AND WILL PRESSURE THEM TO MAKE CHANGES.

EX: IF MY SPOUSE WAS A TIDIER PERSON, I'D BE HAPPIER.



HEAVEN'S REWARD FALLACY

I EXPECT TO BE REWARDED FOR SACRIFICING OR DENYING MYSELF OF THINGS AND I BECOME BITTER OR ANGRY IF I'M NOT REWARDED.

EX: YOU WORK EXTRA HOURS EVERYDAY SO YOU SHOULD GET A RAISE AND A PROMOTION.