

# BAD THOUGHT SPOTTER

## UNHELPFUL THINKING STYLES

### ASK YOURSELF:

### TICK BOX

ARE YOU YOUR OWN WORST CRITIC?

Do you always seem to be beating yourself up about something?

DO YOU FOCUS ON THE BAD STUFF?

As if you were looking at the world through darkened glasses?

DO YOU HAVE A GLOOMY VIEW OF THE FUTURE?

Expecting everything to turn out badly?

ARE YOU JUMPING TO THE WORST CONCLUSIONS?

It's called 'catastrophizing.'

DO YOU ASSUME THAT OTHERS SEE YOU BADLY?

When you haven't checked whether it's true, it's called 'mind-reading.'

DO YOU TAKE RESPONSIBILITY FOR EVERYTHING?

Including things that are not your fault.

ARE YOU ALWAYS SAYING THINGS LIKE 'SHOULD', 'OUGHT TO', 'GOT TO'?

Setting impossible standards from yourself?