

### All or nothing thinking



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

### Over-generalising

*"everything is always rubbish"*

*"nothing good ever happens"*

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

### Mental filter



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

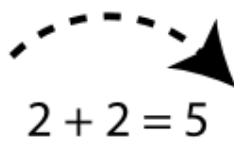
### Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*

### Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

### Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

### Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

*I feel embarrassed so I must be an idiot*

# should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

### Labelling



Assigning labels to ourselves or other people

*I'm a loser  
I'm completely useless  
They're such an idiot*

### Personalisation

# "this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

## Thought Record Sheet – 7 column

<b>Situation / Trigger</b>	<b>Feelings</b> Emotions – (Rate 0 – 100%) Body sensations	<b>Unhelpful Thoughts / Images</b>	<b>Facts that <u>support</u> the unhelpful thought</b>	<b>Facts that provide evidence <u>against</u> the unhelpful thought</b>	<b>Alternative, more realistic and balanced perspective</b>	<b>Outcome</b> Re-rate emotion
<p>What happened? Where? When? Who with? How?</p>	<p>What emotion did I feel at that time? What else? How intense was it?</p> <p>What did I notice in my body? Where did I feel it?</p>	<p>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</p>	<p>What are the facts? What <b>facts</b> do I have that the unhelpful thought/s are totally true?</p>	<p>What <b>facts</b> do I have that the unhelpful thought/s are NOT totally true? Is it possible that this is opinion, rather than fact? What have others said about this?</p>	<p>STOPP! Take a breath....</p> <p>What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems?</p>	<p>What am I feeling now? (0-100%)</p> <p>What could I do differently? What would be more effective?</p> <p>Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</p>

# Behavioral Activation

You can begin to decrease depression by engaging in activities you find enjoyable, and by taking care of responsibilities that you have been neglecting.

**List three activities you enjoy:**

- 1.
- 2.
- 3.

**List three responsibilities you need to take care of:**

- 1.
- 2.
- 3.

Try doing at least one activity or responsibility each day. Use the following scale to rate your depression, pleasant feelings, and sense of achievement before and after the activity.

0	1	2	3	4	5	6	7	8
None			Moderate			Extreme		

Activity (location, date, time)		Depression	Pleasure	Achievement
	<i>Before</i>			
	<i>After</i>			
	<i>Before</i>			
	<i>After</i>			
	<i>Before</i>			
	<i>After</i>			