

## 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 pattern. Think about how that pattern affects you.

1. **Jumping to conclusions** or predicting the future?
2. **Exaggerating or minimizing** a situation (blowing things way out of proportion or shrinking their importance inappropriately).
3. **Ignoring important parts** 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. **Emotional reasoning** (using your emotions as proof, e.g., "I feel fear so I must be in danger")

## Challenging Questions Worksheet

Below is a list of questions to be used in helping you challenge your maladaptive or problematic beliefs/stuck points. Not all questions will be appropriate for the belief/stuck point you choose to challenge. Answer as many questions as you can for the belief/stuck point you have chosen to challenge below.

Belief/Stuck Point: \_\_\_\_\_

1. What is the evidence for and against this stuck point?  
**FOR:**  
  
**AGAINST:**
2. Is your stuck point a habit or based on facts?
3. In what ways is your stuck point not including all of the information?
4. Does your stuck point include all-or-none terms?
5. Does the stuck point include words or phrases that are extreme or exaggerated (i.e., always, forever, never, need, should, must, can't, and every time)?
6. In what way is your stuck point focused on just one piece of the story?
7. Where did this stuck point come from? Is this a dependable source of information on this stuck point?
8. How is your stuck point confusing something that is possible with something that is likely?
9. In what ways is your stuck point based on feelings rather than facts?
10. In what ways is this stuck point focused on unrelated parts of the story?