

# BAD THOUGHT SPOTTER

## UNHELPFUL THINKING STYLES

ARE YOU YOUR OWN WORST CRITIC?

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

TICK

DO YOU FOCUS ON THE BAD STUFF?

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

TICK

DO YOU HAVE A GLOOMY VIEW OF THE FUTURE?

Expecting everything to turn out badly?

TICK

ARE YOU JUMPING TO THE WORST CONCLUSIONS?

Thinking it's the end of the world

TICK

DO YOU ASSUME THAT OTHERS SEE YOU BADLY?

When you haven't checked whether it's true, it's called 'Mind Reading'

TICK

DO YOU TAKE RESPONSIBILITY FOR EVERYTHING?

Including things that aren't your fault

TICK

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

Setting impossible standards for yourself?

TICK

