

Unhelpful Thinking Styles in Action

Think of 3 recent times where you experienced a strong negative emotion.

1. Complete the 4 column thought record below by identifying “hot” thoughts and using the 10 unhelpful thinking styles to categorize the thoughts (remember that a thought can fall into more than one category).

Situation	Emotion (intensity 1-10)	Thought	Unhelpful Thinking Style
Late for a meeting	Anxiety (8)	I’m going to be embarrassed, people will judge me.	Catastrophizing, mind reading, emotional reasoning

2. When reflecting on the unhelpful thinking styles, do you believe that there are certain “thinking traps” you tend to gravitate to?
