Identify if your thoughts contain any thinking errors

- **Catastrophizing:** Seeing only the worst possible outcomes of a situation. “I’ll be so awkward. Everyone will notice and think I’m weird.”
  - Tip: Carefully examine the evidence for and against your thought.

- **Mind-reading:** You believe you know what others are thinking, failing to consider other, more likely possibilities. “That person just looked at me funny. They probably think I’m ugly.”
  - Tip: Remember that it is impossible to know with 100% certainty what another person is thinking unless they tell you.

- **All or nothing thinking:** Thinking in absolutes such as “always”, “never “, or “every”. “I never do a good job on anything.”
  - Tip: Try assigning a true percentage value like 33% instead of 0% or 100%.

- **Emotional reasoning:** You think something must be true because you “feel” it so strongly, ignoring evidence to the contrary. “I know I do a lot of things okay at work, but I still feel like I’m a failure.”
  - Tip: Examine evidence for and against your feeling in a logical way. Be specific!

Use the following sets of questions to help evaluate your thinking

- What is the evidence that ___?
- What’s the evidence on the other side?
- Could there be another explanation for why ___?
- If the worst happened and your thought is true, how could you cope with that?
- How would this impact you one week/month/year from now? What do you think is the most realistic outcome?
- Let’s say your friend came to you with this same thought, what do you think you might tell them?

**Break it down:**

**Situation:** You knocked over a glass at work

**Thought:** I always cause a commotion. Everyone thinks I’m useless.

**Challenge:** One mistake does not make me useless. Everyone is clumsy sometimes.

**Reframe:** It is possible that people are looking at me because they are worried I got hurt. Even if they think that I am useless, it does not mean that is an accurate reflection of who I am.

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The phone application: Clarity- CBT Thought Diary is an excellent resource for teaching and practicing the skill of cognitive restructuring. Use the QR code to download.