

I'm learning to develop a kinder, more mindful awareness of my thinking/emotion patterns...

Learning to be more mindful of thoughts that precede emotional reactions

Learning to be more aware of "distortions" and learning how to offer kinder, more "positive perspectives"

(Adapted from: The Feeling Good Handbook, by David Burns Copyright1999)

Page 2 Looking more carefully at the situation from Previous Page: _____

<p>“Distortion” or “More Critical” Perspective</p>	<p>Explanation of “Distortion” or “More Critical” Perspective</p>	<p><i>What my thinking might be using that “More Critical” Perspective (fill in <u>if</u> using this perspective)</i> ⇒ ⇒ ⇒</p>	<p>Disputing “critical” perspective (fill in or say out loud) ⇒ ⇒ ⇒</p>	<p><i>Offering myself a different, “kinder, more accepting” perspective</i> (Fill in or say out loud for practice using this more accepting perspective)</p>
<p><i>All or nothing thinking</i></p>	<p>Looking at things in absolute, <u>black and white</u> categories</p>	<p>What might I be thinking now, in terms of an “all or nothing” perspective?</p>	<p><i>Disputing, “Black or White Thinking”</i></p>	
<p><i>Over-generalization</i></p>	<p>Viewing a negative event as a <u>never-ending pattern of defeat</u></p>	<p>What might I be thinking now, in terms of an “over generalization” perspective?</p>	<p><i>Disputing, “Never Ending Pattern”</i></p>	
<p><i>Mental filter</i></p>	<p><u>Dwelling on the negatives</u> and/or <u>ignoring positives</u></p>	<p>What might I be thinking now, in terms of a “dwelling on negatives” perspective? What might I be thinking now, in terms of an “ignoring positives” perspective?</p>	<p><i>Disputing, “Negative Dwelling”</i></p>	
<p><i>Discounting the positives</i></p>	<p>Insisting that my accomplishment or positive qualities <u>“don’t count”</u></p>	<p>What might I be thinking now, in terms of a “discounting the positives” perspective?</p>	<p><i>Disputing, “Discounting Positives”</i></p>	
<p><i>Jumping to conclusions</i></p>	<p>A: Mind reading: <u>assume that people are reacting negatively to me</u> when there is no evidence of this B. Fortune Telling: <u>arbitrarily predicting that things will turn out badly</u></p>	<p>What might I be thinking now, in terms of a “negative mind reading” perspective? What might I be thinking now, in terms of a “fortune telling” perspective?</p>	<p><i>Disputing, “Negative Mind Reading”</i> <i>Disputing, “Negative Fortune Telling”</i></p>	