



## Thought Process Exercise - Minimize the self-critic within!

Think of a recent situation that evoked a strong emotional response. Write how you felt in that given moment. What were your thoughts? Were there any images in your mind? What emotions were you experiencing? Did you experience any physical sensations in your body?

Phew! Offloading that must feel better. Now, highlight any negative words or thoughts by using the below list as your guide - this will help you determine the types of negativity you may be experiencing.

## Types of negative thinking

***Catastrophising*** - If something goes wrong then it will be a disaster!

***Emotional reasoning*** - Mistaking your feelings for actual facts

***Mind reading*** - Believing you know the thoughts, feelings and motives of others

***Fortune teller*** - Predicting future events as if they were certain to happen

***Labelling and judging*** - 'I'm a loser' or 'Other people are mean'

***Pressurised/extreme words*** - Using words like 'should', 'never', 'can't', 'always', etc.

***Personalising*** - Take full responsibility or taking 100% blame for events outside the control of one person

***Overgeneralisation*** - It happened once, therefore it will always happen

***Filtering*** - Seeing only the negative and discounting any positives.

***All or nothing thinking or 'Black and White' thinking*** - We are either perfect or a failure, no middle ground or shades of grey. People or situations are placed in 'either/or' categories.

***Magnification/minimisation*** - A tendency to exaggerate the importance of negative information or experiences, while trivialising or reducing the significance of positive information or experiences.



Now you've highlighted your negative words can you think of fairer, less judgmental way of looking at your statement? Go back to your negative words and replace them with something more fitting sticking only to the facts. A good approach is thinking about what you might say to a friend in a similar situation. Why not try rewriting your original statement with your replacement word