

## List Of Thinking Errors

**All-Or-Nothing Thinking** (also called black-and-white polarized or dichotomous thinking): You view a situation in only two categories instead of on a continuum.

**Anticipating Negative Outcomes:** You expect that something negative has happened or is going to happen. There are two types of thinking errors that fall into this category:

**Type 1: Fortune Telling:** You predict that something negative is going to happen in the future, as if you were gazing into a crystal ball.

**Type 2: Catastrophizing:** You tell yourself the very worst is happening or is going to happen, without considering other possibilities that may be more likely and/or less negative.

**Disqualifying Or Discounting The Positive:** You unreasonably tell yourself that positive experiences, deed, or qualities do not count.

**Emotional Reasoning:** You think something must be true because you “feel” (actually believe) it so strongly, ignoring or discounting evidence to the contrary.

**Labeling:** You put a fixed, global label on yourself or others without considering that the evidence might more reasonably lead to a less disastrous conclusion.

**Mental Filter** (also called selective abstraction): You pay undue attention to one negative detail instead of seeing the whole picture.

**Mind Reading:** You believe you know what others are thinking, failing to consider other, more likely possibilities, and you make no effort to check it out.

**Overgeneralization:** You make a sweeping negative conclusion that goes far beyond the current situation.

**“Should” And “Must” Statements** (also called imperatives): You have a precise, fixed idea of how you or others should behave and you overestimate how bad it is that these expectations are not met.

**Maladaptive Thoughts:** Problematic thought that does not contain logical thinking errors. These thoughts may be true. However, dwelling on these thoughts make you feel more anxious and may interfere with your performance.

## List of Disputing Questions

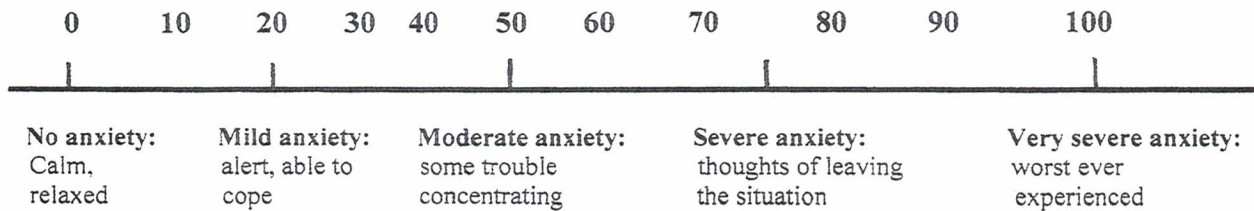
Use these questions to challenge your automatic thoughts. Be sure to answer each question you pose to yourself. You will find each question helpful for many different thoughts. Several examples are also presented to help you get started.

1. Do I know for certain that \_\_\_\_\_?  
Example: Do I know for certain that I won't have anything to say?
2. Am I 100% sure that \_\_\_\_\_?  
Example: Am I 100% sure that my anxiety will show?
3. What evidence do I have that \_\_\_\_\_? What evidence do I have that the opposite is true?  
Example: What evidence do I have that they DID NOT understand my speech?  
What evidence do I have that they DID understand my speech?
4. What is the worst that could happen? How bad is that? How can I cope with that?
5. Do I have a crystal ball?
6. Is there another explanation for \_\_\_\_\_?  
Example: Is there another explanation for his refusal to have coffee with me?
7. Does \_\_\_\_\_ have to lead to or equal \_\_\_\_\_?  
Example: Does "being nervous" have to lead to or equal "looking stupid?"
8. Is there another point of view?
9. What does \_\_\_\_\_ mean? Does \_\_\_\_\_ really mean that I am a(n) \_\_\_\_\_?  
Example: What does "looking like an idiot" mean? Does the fact that I stumble over my words really mean that I look like an idiot?
10. Is focusing on this helping me?

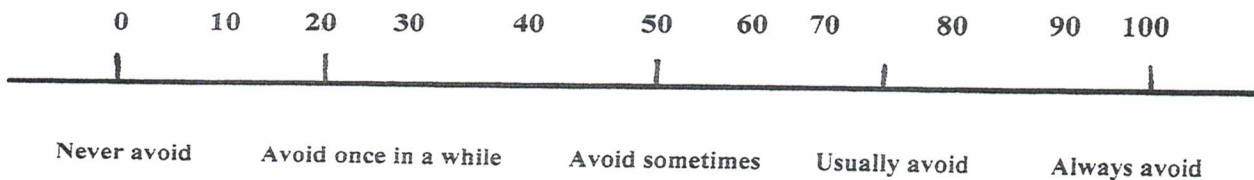
# Fear and Avoidance Hierarchy

Situation	Fear	Avoidance
#1 Most difficult situation is:		
#2 Most difficult situation is:		
#3 Most difficult situation is:		
#4 Most difficult situation is:		
#5 Most difficult situation is:		
#6 Most difficult situation is:		
#7 Most difficult situation is:		
#8 Most difficult situation is:		
#9 Most difficult situation is:		
#10 Most difficult situation is:		

## Fear:



## Avoidance:



Be Your Own Cognitive Coach (BYOCC) Worksheet

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Preparation Before The Exposure

1. Situation (Briefly describe the anxiety-provoking situation.)

<p>2. Automatic Thoughts (List the ATs you have about this situation and rate how strongly you believe each to be true on a 0-100 scale.</p>          <p>Emotions you feel as you think these thoughts (circle all that apply): anxious/nervous, angry, frustrated, sad, irritated, embarrassed, shamed, other _____</p>	<p>3. Thinking Errors (See list below.)</p>          <p>Thinking Errors: All or Nothing Thinking, Overgeneralization, Mental Filter, Disqualifying the Positive, Mind Reading, Fortune Telling, Catastrophizing, Emotional Reasoning, Should Statements, Labeling, Maladaptive Thoughts</p>
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4. Challenges (Use the Disputing Questions below or others you prefer. In an Anxious Self/Coping Self Dialogue challenge the most important AT(s) you listed above. Be sure to answer the question raised by the Disputing Question.

Disputing Questions: Do I know for certain that \_\_\_\_\_? Am I 100% sure that \_\_\_\_\_? What evidence do I have that \_\_\_\_\_? What is the worst that could happen? How bad is that? Do I have a crystal ball? Is there another explanation for \_\_\_\_\_? Does \_\_\_\_\_ really mean that I am a(n) \_\_\_\_\_?

5. Rational Response(s) (Summarize the challenges into a rational statement to use at combat each AT. Rate the degree of your belief in the rational response(s) on a 0-100 scale.

6. Achievable Behavioral Goal (Something that is do-able and can be seen by others).

**Debriefing After The Exposure**

<p>7. Did you achieve your goal? (Watch out for Disqualifying the Positive! Give yourself credit.)</p> <p style="text-align: center;">Check One: Yes <input type="checkbox"/> No <input type="checkbox"/></p>
<p>8. Which AT was most distressing or seemed most important as you prepared for the exposure?</p> <p>What evidence do you have <u>from your exposure experience</u> that this AT <u>was true</u>? How valid is this evidence?</p> <p>What evidence do you have <u>from your exposure experience</u> that this AT was <u>in error</u>? How valid is this evidence?</p> <p>Re-rate the degree of belief that you have in the AT on the 0-100 scale. Has your belief in the AT decreased? (check one): Yes <input type="checkbox"/> No <input type="checkbox"/> Current Belief _____</p>
<p>9. What was your Rational Response? _____</p> <p>Did you use it to combat these ATs? (check one) Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>What evidence do you have from your exposure experience that your rational response may be true?</p> <p>Re-rate the degree of belief that you have in your Rational Response on the 0-100 scale. Has your belief in the Rational Response increased? (check one) Yes <input type="checkbox"/> No <input type="checkbox"/> Current Belief _____</p> <p>Was there any aspect of the Rational Response(s) that missed the mark? Do you need to revise it?</p>
<p>10. Did you have any unexpected ATs? Have you had any troublesome ATs about the exposure since it ended? (Challenge these ATs and develop Rational Responses for use with them).</p>
<p>11. <b>What did you learn?</b> (Summarize 1-2 main points you learned from this exposure that you can use in the future.)</p>

**Congratulate yourself for working hard to help yourself. Well done!**

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