

Thought-Changing Exercises

Social Media Bundles

COMMON THINKING TRAPS

- All or nothing thinking
- Catastrophizing
- Overgeneralization
- Negative filter

EXAMPLE

Everything is either going to be REALLY good or REALLY bad.

The pandemic is never going to end, ever!

...the best I made on first last night

So what if I... all my fault

IDENTIFYING AND ADDRESSING UNHELPFUL THOUGHTS

Reflect on your thought patterns over the past few days. Are there recurring unhelpful or anxious thoughts? Are you stuck on a particular thought that keeps coming back?

UNHELPFUL THOUGHTS **HELPFUL THOUGHTS**

I ignored my friend's message. She probably thinks I don't like her anymore.

We're all going to get worse.

She probably knows I care about her. These are weird times and we all need to be understanding.

We are learning more about

