



## HOW TO CHANGE MY THOUGHTS, FEELINGS, EMOTIONS AND BEHAVIOUR

*Make a note of your thoughts, feelings, behaviours.*

*Check which of these unhelpful thinking styles you use most.*

*Can you start to rationally challenge some of these, evidence for and against?*

1. Now I'm a total failure  
I'm useless  
Always...Never...

**All or nothing thinking** forms the basis for perfectionism. Causes you to fear any mistake as you could feel worthless/inadequate. If you fall short of perfect, you see yourself as a total failure. It is unrealistic – no one is absolutely brilliant or totally stupid – there are shades of grey. You will NEVER measure up to your exaggerated expectations. No one is useless, we can all do something.

It's always happening to me.  
I never do anything right  
I'll always be

**Over generalisation**

You think if ONE negative thing that happened to you once will occur over and over again – will multiply and be a never-ending pattern of defeat. Single event, but thinking it will happen everywhere

2. I'm always going to be  
unemployed

**Mental Filter**

You pick out a single negative detail in any situation and dwell on it exclusively, thus seeing the whole situation as negative – like a drop of ink that colours the entire beaker of water.

You wear a special pair of glasses that filter out anything positive. Everything is negative. Ignore positives. Pessimistic-as it will last forever!

After receiving some praise  
or positive experience, you  
say they're just being nice, it  
was nothing really, that was  
a fluke – it doesn't count, I  
was lucky.

**Disqualifying the positive**

Transform or cleverly turn neutral or even positive experiences into negative ones (not on purpose). Ignore positive things that have happened to you.

3. **Mind Reading** – Friend not say hello (friend did not see you) → you feel they have ignored you/not like me → withdrawn/not go out → not meet friends.  
What ifs? What is the point of worrying about something that will probably not happen? It may be best to live with what's happening now instead?

**Jumping to negative conclusions**, which are not justified by the facts of the situation.

- (a) **Mind reading** – you feel other people are looking down on you, but don't check it out. She's doesn't like me
- (b) **Fortune Teller** – It's going to be terrible. I'll be depressed forever leads to → no one can help me → feel hopeless. You imagine that something bad is about to happen and already predict this as a fact (it's untrue!) You are likely to use the next Magnification thinking error.

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4. I made a mistake – how awful...it's the end of the world.  
I can't stand it
- Catastrophizing**  
**Magnification** of own errors/fears  
**Minimise** your good points  
Looking at oneself through fairground mirror/bigger/smaller than they really are
5. I feel like a ... therefore I am am --- it must be true.  
Avoidance techniques,  
Eg I can't tidy up as I feel terrible as it will be impossible to do.
- Emotional reasoning**  
Things **feel** so negative and so you believe they are. Challenge how you see things.  
  
Some initial action will motivate you to do further action, motivation doesn't necessarily come first.
6. I should have...try changing it to I must do that
- Should, Must, Ought, statements** → = self -hate/shame/guilt/self-blame. Feel pressured, resentful and so this makes you feel unmotivated.  
When you direct `should` statements towards others, as they fall short of your expectations, you feel anger, bitterness, frustration and resentment. Look at how you can change any unrealistic expectations.
7. I'm a failure, instead of I made a mistake & learned from it  
I'm a loser  
He's a prat
- Labelling and Mislabelling**  
Extreme form of overgeneralization  
Self = one thing done. Do we become that label & if so behave accordingly...such as with learned helplessness? Does it become self- fulfilling prophesy? Will others reinforce it? The Drama triangle, where if the victim consciousness, may flip to rescuer ore persecutor or others will take those roles. It's when like happens to you rather than you making things happen? You can change the thoughts, feelings & beliefs that may be trapping you in the Victim consciousness.  
If label others, may be hostile or discriminatory, showing a lack of respect.  
It may involve focussing on weaknesses = worthlessness
8. What did I do to mess things up?
- Personalisation**  
You see yourself as the cause of a negative external event, which you were not responsible for. Feel guilty, but may be able to influence but not able to control the situation. Others have to take responsibility for themselves  
She did that deliberately because she knew that I wouldn't like that...world revolves around the self