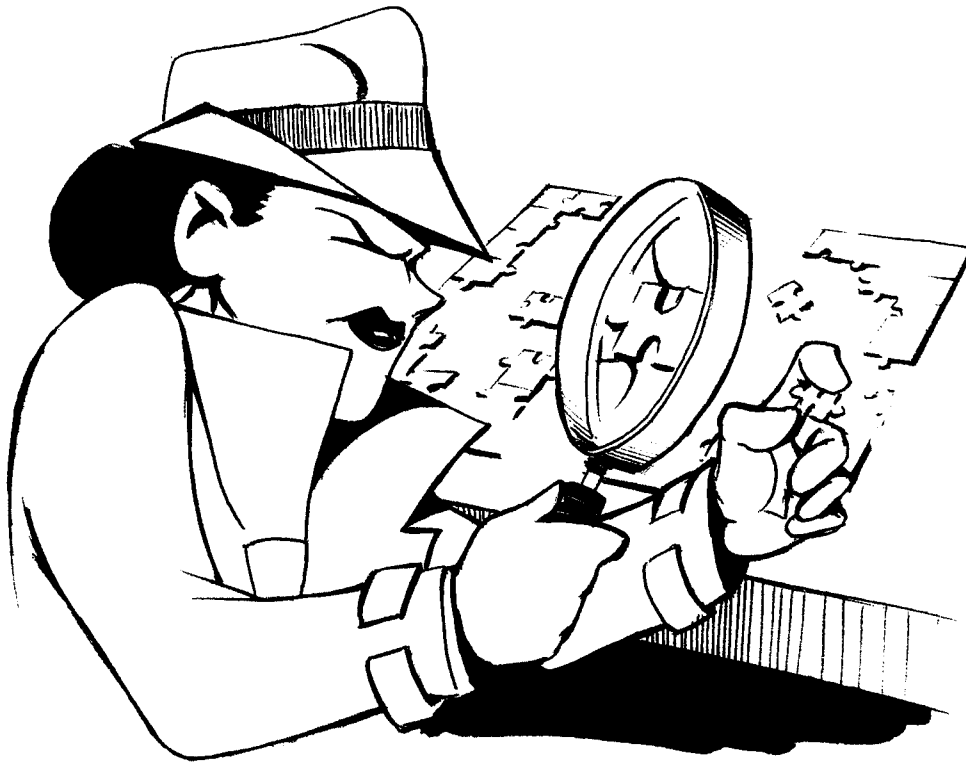

Workbook 4

Noticing extreme and unhelpful thinking

Dr Chris Williams



Overcoming Depression
A Five Areas Approach

Section 1 Introduction

This is the first of two workbooks that will help you find out about and begin to change unhelpfully altered thinking. In this workbook you will learn about:

- identifying unhelpful thinking;
- using a thought investigation worksheet to carry out an analysis of a time when your mood unhelpfully alters.

Revision

Unhelpful thinking styles

In order to be in a position to be able to challenge and change unhelpful and extreme thinking styles, it is important first of all to be aware of the common changes in thinking that can occur as part of depression and anxiety. Both depression and anxiety can lead to one or more of the following unhelpful and extreme thinking styles:

Unhelpful thinking style	Typical thoughts	Tick if you have this thinking style
1 Bias against myself	I overlook my strengths I focus on my weaknesses I downplay my achievements I am my own worst critic	
2 Putting a negative slant on things (<i>negative mental filter</i>)	I see things through dark tinted glasses I tend to focus on the negative in situations	
3 Having a gloomy view of the future (make negative predictions/jump to the worst conclusion – <i>catastrophising</i>)	I make negative predictions about the future I predict that things will go wrong I predict that the very worst events will happen	
4 Negative view about how others see me (<i>mind-reading</i>)	I mind-read what others think of me I often think that others don't like me/think badly of me	
5 Bearing all responsibility	I take the blame if things go wrong I feel responsible for whether everyone else has a good time I take unfair responsibility for things that are not my fault	
6 Making extreme statements/rules	I use the words ' <i>always</i> ', ' <i>never</i> ' and ' <i>typical</i> ' a lot to summarise things I make myself a lot of ' <i>must</i> ', ' <i>should</i> ' ' <i>ought</i> ' or ' <i>got to</i> ' rules	

All of these unhelpful thinking styles are examples of extreme thinking.

Why can extreme thinking be unhelpful?

In unhelpful thinking, thinking becomes biased and extreme and this has an impact on how you feel and on what you do. Typically, when these sorts of unhelpful thinking styles occur:

- 1 *Mood changes unhelpfully*: you may become depressed, upset, anxious, stressed or angry.
- 2 *Behaviour alters unhelpfully*: by either reducing what you do (reduced activity) or causing you to start unhelpful behaviours such as drinking too much to block how you feel. These changes can both end up worsening how you feel.

The result is that these unhelpful thinking styles act to worsen how you feel and maintain your feelings of depression or anxiety.

KEY POINT

The six unhelpful thinking styles are the main ways that thinking can become extreme and unhelpful. Extreme thinking is unhelpful because it can worsen how you feel emotionally and also unhelpfully alter what you do. Thinking in extreme ways (sometimes called *black and white thinking*) means that you only look at part of the whole picture. Because of this, you will find out in the next workbook that extreme and unhelpful thinking is also often not true.

This workbook is designed to help you begin to practise ways of identifying extreme and unhelpful thinking. This is the key first step in beginning to change how you think so that you will be able to prepare for the next step of learning how to challenge these extreme thoughts. To do this, you will need to act like a thought detective by carrying out a **thought investigation** of the times when your mood alters unhelpfully.

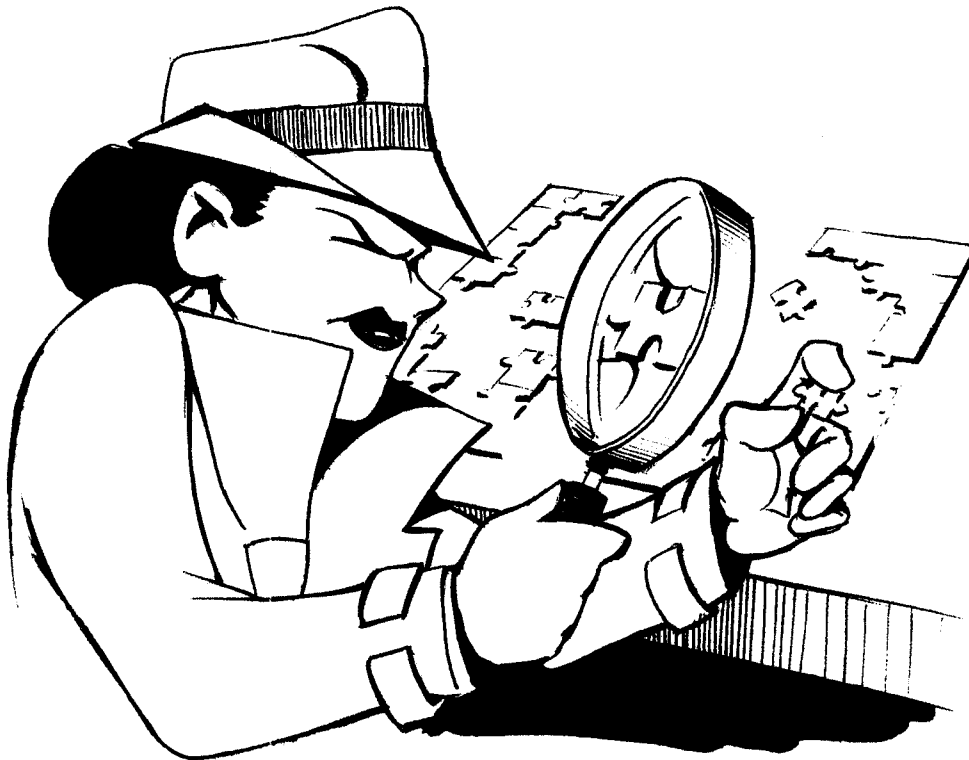
Section 2 Completing a thought investigation

Hint

In order to identify extreme or unhelpful thinking, try to watch for times when your mood suddenly changes (e.g. you feel sadder, or more anxious, upset or angry) then ask 'what went through my mind then'?

The questions on the following pages will help you begin to work out how extreme thinking may affect how you feel and what you do. Try to **act like a detective** to piece together bit by bit the factors that led up to you feeling worse. An example of Anne carrying out this process is provided later in the workbook.

Act like a detective



First, try to really **think yourself back into the situation** when your mood unhelpfully altered. Try to slow down how quickly you answer the questions on the next few pages so that you are as accurate as you can be in your thought investigation. Try to **stop, think and reflect** as you consider the five different areas that can be affected when mood alters.

The following questions will help you investigate for yourself the five areas that may be linked to unhelpfully altered mood by helping you to look in detail at:

- 1 the situation, relationship or practical problems that occurred, and to examine your:
- 2 altered thinking (such as extreme or unhelpful thinking styles);
- 3 altered feelings;
- 4 altered physical symptoms and also help you to consider any;
- 5 altered behaviour (such as reduced activity or starting to do unhelpful behaviours) that occurred.

Try to see how these different areas can link together to help you begin to understand how you feel during a time of altered mood.

Thought investigation. Events leading up to the mood change:

The situation, relationship or practical problem faced

a) The time:
Q. What time of day was it? It was o'clock.

b) The place:
Q. Where were you at the time? (Please tick)

I was:

● At home	Yes <input type="checkbox"/>	No <input type="checkbox"/>
● At work	Yes <input type="checkbox"/>	No <input type="checkbox"/>
● At the pub	Yes <input type="checkbox"/>	No <input type="checkbox"/>
● At a friend's house	Yes <input type="checkbox"/>	No <input type="checkbox"/>
● In a shop	Yes <input type="checkbox"/>	No <input type="checkbox"/>
● In town	Yes <input type="checkbox"/>	No <input type="checkbox"/>
● On a bus	Yes <input type="checkbox"/>	No <input type="checkbox"/>
● Other: I was ...		

c) The people. Who were you with?

You may have been alone, with only one or two people, or with many people.

Q. Were you alone? Yes No

If yes, skip to d. The events.

Q. Were you with a relative or relatives? Yes No

Q. Were you with a friend or friends? Yes No

Q. Were you with any other people? Yes No

If so, with whom?

d) The current events/situation: What had upset you?

Think about the situation or events that led to your altered mood. Had anything upsetting or stressful happened, for example an argument or an upsetting event?

I had been upset by:

- Something that was said Yes No
- How someone acted towards me Yes No
- Focusing on a practical problem I face Yes No
- A memory of something that had happened Yes No
- Worrying about the future Yes No
- Finally, had you had any alcohol to drink or used any drugs? Yes No


 Other events/situations

Altered emotional and physical feelings

a) Altered emotional feelings: consider how you felt emotionally at that time

When your mood altered, what emotional changes did you notice?

- I felt low and sad. Yes No
- I felt guilty and bad. Yes No
- I felt worried and stressed. Yes No
- I felt panicky. Yes No
- I felt angry or irritable about *myself*. Yes No
- I felt angry or irritable about *someone or something else*. Yes No
- I felt ashamed. Yes No
- I felt empty with no feelings at all. Yes No

 Other: I felt . . .

b) Altered physical feelings: what physical changes did you notice in your body?

When your mood altered, what physical changes did you notice?

- | | | |
|--|------------------------------|-----------------------------|
| ● I felt that I had no energy/sapped of energy. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt a feeling of pressure within me. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt a feeling of heaviness inside. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt tension in my arms or legs. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt tension in my head or neck. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt tension in my chest or stomach. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt restless and wanted to move about. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt slightly dizzy, spaced out or disconnected from things. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt sick. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt that I wasn't getting enough air into my lungs. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| ● I felt that my heart was speeded up. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

✎ Other: I noticed . . .

Altered thinking: Identify and rate your belief in any thoughts that were present at the time


Think about what went through your mind at the time when your mood unhelpfully altered. Thoughts that are present when your mood alters are important because they are the thoughts that altered how you feel. They can be called *immediate thoughts*, because when they are present your mood *immediately* changed.

Q. What was going through your mind at that time?

At the moment your mood changed, what did you think about:

- Yourself?
- How others see you?
- What might happen in the future?
- Your own situation?
- Your own body, behaviour or performance?
- Were there any painful **memories** from the past?
- Did you notice any **images** or pictures in your mind? Images are an important type of thought and can have a powerful impact on how you feel.

To begin with, sometimes it can be difficult to notice these thoughts. With practice most people find that a number of negative or extreme thoughts are present at times when their mood unhelpfully alters.

 Write any immediate thoughts you noticed here:

Assessing my *belief* in the most powerful extreme and unhelpful immediate thought

Choose the thought that seemed to have the greatest emotional impact on you

 Write it here:

Q. Overall, how much did you believe the most powerful thought at that time?

Make a cross on the line below to record how much you believed the thought.

Not at all believed _____ Completely believed
0 per cent 50 per cent 100 per cent

Were any unhelpful thinking styles present when my mood unhelpfully altered?

Which of the unhelpful styles did you notice at that time? Read through the list and select those unhelpful thinking styles that were present.

Unhelpful thinking style	Typical thoughts	Tick here if you thought like this at the time your mood altered
Bias against myself	<ul style="list-style-type: none"> I overlook my strengths I focus on my weaknesses I downplay my achievements I am my own worst critic 	
Putting a negative slant on things (<i>negative mental filter</i>)	<ul style="list-style-type: none"> I see things through dark tinted glasses I tend to focus on the negative in situations 	
Having a gloomy view of the future (make negative predictions/Jump to the worst conclusion – <i>catastrophising</i>)	<ul style="list-style-type: none"> I make negative predictions about the future I predict that things will go wrong I predict that the very worst events will happen 	
Negative view about how others see me (<i>mind-reading</i>)	<ul style="list-style-type: none"> I mind-read what others think of me I often think that others don't like me/think badly of me 	
Bearing all responsibility	<ul style="list-style-type: none"> I take the blame if things go wrong I feel responsible for whether everyone else has a good time I take unfair responsibility for things that are not my fault 	
Making extreme statements/rules	<ul style="list-style-type: none"> I use the words '<i>always</i>', '<i>never</i>' and '<i>typical</i>' a lot to summarise things I make myself a lot of '<i>must</i>', '<i>should</i>' '<i>ought</i>' or '<i>got to</i>' rules 	

The impact of the immediate thoughts on your behaviour

Consider the impact of any extreme thinking on your behaviour and how this affected you and others.

a) My reduced or avoided activity

When your mood altered, what changes occurred in what you said or did at the time?

Q. I reduced my activity levels when I felt like this. Yes No

Q. I avoided doing a planned activity as a result. Yes No

Q. I chose to avoid talking to or meeting anyone. Yes No

Q. I decided not to go out. Yes No

Other: I . . .

b) My unhelpful behaviours

When your mood altered, did you do anything differently because of what happened?

Q. I became excessively clingy and dependent. Yes No

Q. I became very suspicious and demanding. Yes No

Q. I did something that set me up to fail. Yes No

Q. I did something that set me up to be let down or rejected. Yes No

Q. I had a drink to block how I felt. Yes No

Q. I chose to misuse other tablets or used illegal drugs. Yes No

Q. I did something to hurt myself such as cutting myself. Yes No

Other: . . .

Q. What was the impact of these unhelpful thinking styles on how I felt and what I did?

Extreme thoughts can unhelpfully change how you feel so that you feel more disheartened, anxious and depressed.

What you think can worsen how you feel emotionally

Extreme thinking \longleftrightarrow Worsened mood

Q. What was the impact of the immediate thoughts on how you felt at the time your mood altered?

Helpful

Unhelpful

Extreme thoughts may also cause you to stop doing things that previously gave you a sense of pleasure or achievement, or to start doing things that actually worsen how you feel.

What you think can affect what you do

Extreme thinking \longleftrightarrow reduced or avoided activity or unhelpful behaviours

Q. What was the impact of the immediate thoughts on what you did at the time your mood altered?

Helpful

Unhelpful

Overall, did the thought(s) have an unhelpful effect on you?

Yes

No

If a thought shows one of the unhelpful thinking styles, and also has an unhelpful impact on you, then you have identified an example of an extreme and unhelpful thought. These are the sorts of thoughts that you will learn to challenge in workbook 5 (*Changing extreme and unhelpful thinking*).

Summary of my thought investigation of a time when my mood changed

Now that you have finished, re-read your answers in your thought investigation. As you do this, try to apply what you know about the *five areas assessment* model to see how each of these areas might have played a part in helping you understand how you feel.

The five areas assessment model

The five areas model shows that what a person thinks about a situation or problem may affect how they feel physically and emotionally, and also may lead them to alter what they do (altered behaviour).

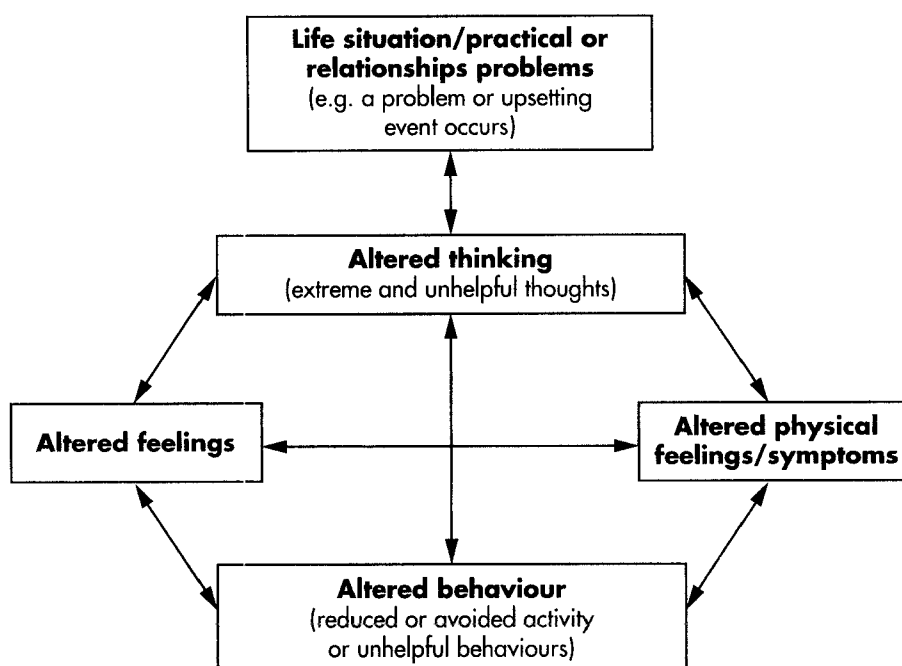


Figure 4.1 The five areas assessment model

At first, many people find it can be quite difficult to notice unhelpful thinking styles. Carrying out this sort of **thought investigation** can help you to begin to practise how to do this so that over time you find that this process becomes easier. The best way of becoming aware of your extreme and unhelpful thinking is to begin to try to notice times when your mood unhelpfully alters (e.g. at times when you feel upset), and then to ask ‘*What is going through my mind right now?*’

Practising thought investigation

A **thought investigation worksheet** has been produced to help you to practise this process of carrying out a thought investigation whenever your mood unhelpfully alters. The thought investigation worksheet on the next page shows a person called Anne completing her own thought investigation using the worksheet. Anne lives by herself. She has been feeling depressed and anxious for about six months, has reduced her activities at home and with other people, and has asked her sister Mary not to visit her because she worries what she will think of her.

Example of Anne completing her thought investigation worksheet: identifying extreme and unhelpful thinking

1 Situation/relationship or practical problem when your mood altered	2 Altered emotional and physical feelings	3 What immediate thoughts are present at the time?	4 What unhelpful thinking style(s) occur?	5 Impact of the immediate thought(s)
<p>Think in detail: Where am I, what am I doing? Consider: ● The time: What time of day is it? ● The place: Where am I? ● The people: Who is present? Who am I with? ● The events: What has been said/What events happened?</p>	<p>Am I ● Low or sad? Guilty? ● Worried, tense, anxious or panicky? ● Angry or irritable? ● Ashamed? a) State the feelings clearly. Try to be as precise as possible. If more than one feeling occurs, <u>underline</u> the most powerful feeling. b) How powerful is this feeling (0–100%)? c) Note down any strong physical sensations you notice.</p>	<p>What is going through my mind? How do I see: ● Myself/How others see me? ● The current events/situation. ● What might happen in the future? ● My own body, behaviour or performance? ● Any memories or images? a) State the thought(s) clearly. Try to be as precise as possible. If more than one thought occurs, <u>underline</u> the most powerful thought. b) Rate how strongly you believe the most powerful thought at the time (0–100%).</p>	<p>1 Bias against myself. 2 Putting a negative slant on things (negative mental filter). 3 Having a gloomy view of the future/jumping to the worst conclusion. 4 Negative view about how others see me (mind-reading). 5 Bearing all responsibility. 6 Making extreme statements/rules, e.g. using <i>must</i>, <i>should</i>, <i>ought</i>, <i>always</i>, and <i>never</i> statements. If any of the styles are present, you have identified an extreme thought.</p>	<p>a) What did I do differently? Consider any: ● Reduced or avoided activity. ● Unhelpful behaviours. b) What was the impact on: ● Myself? ● My view of others? ● How I felt? ● What I said? ● What I did? ● Overall, was the impact helpful or unhelpful? If there is an unhelpful impact, you have identified an unhelpful thought.</p>
<p>Situation: <i>10am at home. My sister unexpectedly</i></p>	<p>a) My feelings: _____ b) Powerfulness: 0–100 % = 80 % c) Physical sensations: <i>I blushed and felt hot</i></p>	<p>My immediate thought: a) <i>She'll think I'm not coping, because</i> _____ If you have noticed more than one thought, <u>underline</u> the most powerful thought. b) <i>Rate your belief in the most powerful thought at the time:</i> 0% _____ X _____ 100% -----X----- </p>	<p>Which thinking styles are present? (please state numbers or types) <i>No(s): 1, 4, 6</i></p>	<p>a) What did I do differently? <i>I acted quite flustered. I made an excuse after ten minutes and told her I had to go to a doctor's appointment.</i> b) Overall, is it helpful or unhelpful for me to believe the thought? Helpful <input type="checkbox"/> Unhelpful <input checked="" type="checkbox"/></p>

When you have read this, try to complete your own worksheet on several occasions each day for the next few days to practise this skill. You will find some blank practice worksheets at the back of this workbook. Please copy these out or photocopy them if you require further sheets.

Getting the most from the thought investigation worksheet

To get the most from the worksheet:

- Practise completing the worksheet whenever you notice your mood unhelpfully altering. With practice you will find it easier to identify your own extreme and unhelpful thinking.
- Try to fill the worksheet in as soon as possible after you notice your mood change.
- If you cannot fill it in immediately, try to think yourself back into the situation so that you are as clear as possible in your answer.

KEY POINTS

- Noticing changes in your mood can be a helpful way of identifying extreme and unhelpful thinking.
- If a thought shows one or more of the unhelpful thinking styles, and has an unhelpful impact on how you feel or what you do, then you have identified an example of an extreme and an unhelpful thought. These are the sort of thoughts that are identified in **columns 4 and 5 of the thought investigation worksheet** and which will be the focus for change in the next workbook.

In the second workbook on this area, *Changing extreme and unhelpful thinking*, you will see that the worksheet has a second side that will help you to begin to challenge extreme and unhelpful thinking. For the time being, try to get used to using just the first side only as you practise carrying out a thought investigation. When you feel confident in doing this, you should move on to the next workbook, *Changing extreme and unhelpful thinking*.

Section 3 Workbook summary

In this workbook, you have learned about:

- identifying unhelpful thinking;
- using a thought investigation worksheet to carry out an analysis of a time when your mood unhelpfully alters.

Putting into practice what you have learned

You have already begun to identify important changes in what you think and do. You will build on this in workbook 5 *Changing extreme and unhelpful thinking*. In order to help prepare for this, it would be helpful if you could practise what you have learned over the next week. Please can you:

- Use the thought investigation worksheet to carry out a thought investigation on **four** occasions when your mood unhelpfully alters.
- **Stop and think** which unhelpful thinking style(s) you noticed during these times and **reflect** on the helpfulness and accuracy of the thoughts.
- Begin to ask yourself, *are the thoughts actually true?* How could I see things more helpfully and accurately – in a less extreme way?

If you have difficulties with this, don't worry. Just do what you can and discuss any problems with your health care practitioner.

Practice 1 Thought investigation worksheet: identifying extreme and unhelpful thinking

1 Situation/relationship or practical problem when your mood altered.	2 Altered emotional and physical feelings	3 What immediate thoughts are present at the time?	4 What unhelpful thinking style(s) occur?	5 Impact of the immediate thought(s)
<p>Think in detail: Where am I, what am I doing? Consider:</p> <ul style="list-style-type: none"> ● The time: What time of day is it? ● The place: Where am I? ● The people: Who is present? Who am I with? ● The events: What has been said/What events happened? 	<p>Am I</p> <ul style="list-style-type: none"> ● Low or sad? Guilty? ● Worried, tense, anxious or panicky? ● Angry or irritable? ● Ashamed? <p>a) State the feelings clearly. Try to be as precise as possible. If more than one feeling occurs, <u>underline</u> the most powerful feeling.</p> <p>b) How powerful is this feeling (0–100 per cent)?</p> <p>c) Note down any strong physical sensations you notice.</p>	<p>What is going through my mind? How do I see:</p> <ul style="list-style-type: none"> ● Myself, How others see me? ● The current events/situation. ● What might happen in the future? ● My own body, behaviour or performance? ● Any memories or images? <p>a) State the thought(s) clearly. Try to be as precise as possible. If more than one thought occurs, <u>underline</u> the most powerful thought.</p> <p>b) Rate how strongly you believe the most powerful thought at the time (0–100%).</p>	<ol style="list-style-type: none"> 1 Bias against myself. 2 Putting a negative slant on things (negative mental filter). 3 Having a gloomy view of the future/jumping to the worst conclusion. 4 Negative view about how others see me (mind-reading). 5 Bearing all responsibility. 6 Making extreme statements/rules, e.g. using <i>must, should, ought, always, and never</i> statements. <p>If any of the styles are present, you have identified an extreme thought.</p>	<p>a) What did I do differently? Consider any:</p> <ul style="list-style-type: none"> ● Reduced or avoided activity. ● Unhelpful behaviours. <p>b) What was the impact on:</p> <ul style="list-style-type: none"> ● Myself? ● My view of others? ● How I felt? ● What I said? ● What I did? ● Overall, was the impact helpful or unhelpful? <p>If there is an unhelpful impact, you have identified an unhelpful thought.</p>
<p>Situation:</p>	<p>a) My feelings:</p> <p>b) Powerfulness: 0–100% =</p> <p>c) Physical sensations:</p>	<p>My immediate thought(s):</p> <p>a) State the thought(s) clearly.</p> <p>If you have noticed more than one thought, <u>underline</u> the most powerful thought:</p> <p>b) Rate your belief in the most powerful thought at the time:</p> <p>0% _____ 100%</p>	<p>Which thinking styles are present? (please state numbers or types)</p> <p>No(s):</p>	<p>a) What did I do differently?</p> <p>b) Overall, is it helpful or unhelpful for me to believe the thought? Helpful <input type="checkbox"/> Unhelpful <input type="checkbox"/></p>

Practice 2 Thought investigation worksheet: identifying extreme and unhelpful thinking

1 Situation/relationship or practical problem when your mood altered.	2 Altered emotional and physical feelings	3 What immediate thoughts are present at the time?	4 What unhelpful thinking style(s) occur?	5 Impact of the immediate thought(s)
<p>Think in detail: Where am I, what am I doing? Consider:</p> <ul style="list-style-type: none"> ● The time: What time of day is it? ● The place: Where am I? ● The people: Who is present? Who am I with? ● The events: What has been said/What events happened? 	<p>Am I</p> <ul style="list-style-type: none"> ● Low or sad? Guilty? ● Worried, tense, anxious or panicky? ● Angry or irritable? ● Ashamed? <p>a) State the feelings clearly. Try to be as precise as possible. If more than one feeling occurs, <u>underline</u> the most powerful feeling.</p> <p>b) How powerful is this feeling (0–100%)?</p> <p>c) Note down any strong physical sensations you notice.</p>	<p>What is going through my mind? How do I see:</p> <ul style="list-style-type: none"> ● Myself, How others see me? ● The current events/situation. ● What might happen in the future? ● My own body, behaviour or performance? ● Any memories or images? <p>a) State the thought(s) clearly. Try to be as precise as possible. If more than one thought occurs, <u>underline</u> the most powerful thought.</p> <p>b) Rate how strongly you believe the most powerful thought at the time (0–100%).</p>	<ol style="list-style-type: none"> 1 Bias against myself. 2 Putting a negative slant on things (negative mental filter). 3 Having a gloomy view of the future/jumping to the worst conclusion. 4 Negative view about how others see me (mind-reading). 5 Bearing all responsibility. 6 Making extreme statements/ rules, e.g. using <i>must, should, ought, always, and never</i> statements. <p>If any of the styles are present, you have identified an extreme thought.</p>	<p>a) What did I do differently? Consider any:</p> <ul style="list-style-type: none"> ● Reduced or avoided activity. ● Unhelpful behaviours. <p>b) What was the impact on:</p> <ul style="list-style-type: none"> ● Myself? ● My view of others? ● How I felt? ● What I said? ● What I did? ● Overall, was the impact helpful or unhelpful? <p>If there is an unhelpful impact, you have identified an unhelpful thought.</p>
<p>Situation:</p>	<p>a) My feelings:</p> <p>b) Powerfulness: 0–100% =</p> <p>c) Physical sensations:</p>	<p>My immediate thought(s):</p> <p>a) State the thought(s) clearly.</p> <p>If you have noticed more than one thought, <u>underline</u> the most powerful thought.</p> <p>b) Rate your belief in the most powerful thought at the time:</p> <p>0% _____ 100%</p>	<p>Which thinking styles are present? (please state numbers or types)</p> <p>№, №(s):</p>	<p>a) What did I do differently?</p> <p>b) Overall, is it helpful or unhelpful for me to believe the thought? Helpful <input type="checkbox"/> Unhelpful <input type="checkbox"/></p>

Practice 3 Thought investigation worksheet: identifying extreme and unhelpful thinking

1 Situation/relationship or practical problem when your mood altered.	2 Altered emotional and physical feelings	3 What immediate thoughts are present at the time?	4 What unhelpful thinking style(s) occur?	5 Impact of the immediate thought(s)
<p>Think in detail: Where am I, what am I doing? Consider:</p> <ul style="list-style-type: none"> ● The time: What time of day is it? ● The place: Where am I? ● The people: Who is present? Who am I with? ● The events: What has been said/What events happened? 	<p>Am I</p> <ul style="list-style-type: none"> ● Low or sad? Guilty? ● Worried, tense, anxious or panicky? ● Angry or irritable? ● Ashamed? <p>a) State the feelings clearly. Try to be as precise as possible. If more than one feeling occurs, <u>underline</u> the most powerful feeling.</p> <p>b) How powerful is this feeling? (0–100%)</p> <p>c) Note down any strong physical sensations you notice.</p>	<p>What is going through my mind? How do I see:</p> <ul style="list-style-type: none"> ● Myself, How others see me? ● The current events/situation. ● What might happen in the future? ● My own body, behaviour or performance? ● Any memories or images? <p>a) State the thought(s) clearly. Try to be as precise as possible. If more than one thought occurs, <u>underline</u> the most powerful thought.</p> <p>b) Rate how strongly you believe the most powerful thought at the time (0–100%).</p>	<ol style="list-style-type: none"> 1 Bias against myself. 2 Putting a negative slant on things (negative mental filter). 3 Having a gloomy view of the future/ jumping to the worst conclusion. 4 Negative view about how others see me (mind-reading). 5 Bearing all responsibility. 6 Making extreme statements/rules, e.g. using <i>must, should, ought, always, and never</i> statements. <p>If any of the styles are present, you have identified an extreme thought.</p>	<p>a) What did I do differently? Consider any:</p> <ul style="list-style-type: none"> ● Reduced or avoided activity. ● Unhelpful behaviours. <p>b) What was the impact on:</p> <ul style="list-style-type: none"> ● Myself? ● My view of others? ● How I felt? ● What I said? ● What I did? ● Overall, was the impact helpful or unhelpful? <p>If there is an unhelpful impact, you have identified an unhelpful thought.</p>
<p>Situation:</p>	<p>a) My feelings:</p> <p>b) Powerfulness: 0–100% =</p> <p>c) Physical sensations:</p>	<p>My immediate thought(s):</p> <p>a) State the thought(s) clearly.</p> <p>If you have noticed more than one thought, <u>underline</u> the most powerful thought.</p> <p>b) Rate your belief in the most powerful thought at the time:</p> <p>0% _____ 100%</p>	<p>Which thinking styles are present? (please state numbers or types)</p> <p>No(s):</p>	<p>a) What did I do differently?</p> <p>b) Overall, is it helpful or unhelpful for me to believe the thought?</p> <p>Helpful <input type="checkbox"/></p> <p>Unhelpful <input type="checkbox"/></p>

Practice 4 Thought investigation worksheet: identifying extreme and unhelpful thinking

1 Situation/relationship or practical problem when your mood altered.	2 Altered emotional and physical feelings	3 What immediate thoughts are present at the time?	4 What unhelpful thinking style(s) occur?	5 Impact of the immediate thought(s)
<p>Think in detail: Where am I, what am I doing? Consider:</p> <ul style="list-style-type: none"> ● The time: What time of day is it? ● The place: Where am I? ● The people: Who is present? Who am I with? ● The events: What has been said/What events happened? 	<p>Am I</p> <ul style="list-style-type: none"> ● Low or sad? Guilty? ● Worried, tense, anxious or panicky? ● Angry or irritable? ● Ashamed? <p>a) State the feelings clearly. Try to be as precise as possible. If more than one feeling occurs, <u>underline</u> the most powerful feeling.</p> <p>b) How powerful is this feeling (0-100%)?</p> <p>c) Note down any strong physical sensations you notice.</p>	<p>What is going through my mind? How do I see:</p> <ul style="list-style-type: none"> ● Myself, How others see me? ● The current events/situation. ● What might happen in the future? ● My own body, behaviour or performance? ● Any memories or images? <p>a) State the thought(s) clearly. Try to be as precise as possible. If more than one thought occurs, <u>underline</u> the most powerful thought.</p> <p>b) Rate how strongly you believe the most powerful thought at the time (0-100%).</p>	<ol style="list-style-type: none"> 1 Bias against myself. 2 Putting a negative slant on things (negative mental filter). 3 Having a gloomy view of the future/ jumping to the worst conclusion. 4 Negative view about how others see me (mind-reading). 5 Bearing all responsibility. 6 Making extreme statements/rules, e.g. using <i>must, should, ought, always, and never</i> statements. <p>If any of the styles are present, you have identified an extreme thought.</p>	<p>a) What did I do differently? Consider any:</p> <ul style="list-style-type: none"> ● Reduced or avoided activity. ● Unhelpful behaviours. <p>b) What was the impact on:</p> <ul style="list-style-type: none"> ● Myself? ● My view of others? ● How I felt? ● What I said? ● What I did? ● Overall, was the impact helpful or unhelpful? <p>If there is an unhelpful impact, you have identified an unhelpful thought.</p>
<p>Situation:</p>	<p>a) My feelings:</p> <p>b) Powerfulness: 0-100% =</p> <p>c) Physical sensations:</p>	<p>My immediate thought(s):</p> <p>a) State the thought(s) clearly.</p> <p>If you have noticed more than one thought, <u>underline</u> the most powerful thought.</p> <p>b) Rate your belief in the most powerful thought at the time:</p> <p>0% 100%</p>	<p>Which thinking styles are present? (please state numbers or types)</p> <p>No(s):</p>	<p>a) What did I do differently?</p> <p>b) Overall, is it helpful or unhelpful for me to believe the thought? Helpful <input type="checkbox"/> Unhelpful <input type="checkbox"/></p>

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My notes

A series of horizontal dotted lines for writing notes.

