

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

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

# Name the Pattern!

Directions: For each negative thought, name its dysfunctional thinking pattern (see word bank). Then, think of a rational, positive thought they could think instead! Each word will only be used once.

## Word Bank

All-or-Nothing

Comparisons

Personalization

Jumping to Conclusions (Fortune Telling)

Jumping to Conclusions (Mind Reading)

Catastrophizing

Overgeneralization

Minimizing Positives

Maximizing Negatives

Emotional Reasoning

<b>Negative Thought</b>	<b>Dysfunctional Pattern</b>	<b>Rational, Positive Thought</b>
I got into trouble at school today. I just know they're going to kick me out tomorrow.		
My friend looked at his watch when I was talking today. He must think I'm boring.		
I got an award at the assembly yesterday, but that's no big deal. I'm not really that good of a student.		
If I don't get a date to the homecoming dance, there's no way I could ever go back to school and face my classmates again!		

<p><b>There's no way I could ever be as talented as the star quarterback on the football team. I shouldn't even try.</b></p>		
<p><b>I only got a B on my reading test. I always fail. I shouldn't have even tried.</b></p>		
<p><b>I can't believe I gained 3 pounds. I'm so fat and ugly.</b></p>		
<p><b>My teacher didn't answer me when I said hello to her this morning. She's probably mad at me for something.</b></p>		
<p><b>Another student called me a name once today. People are always making fun of me.</b></p>		
<p><b>I must get all A+'s to be a good student.</b></p>		
<p><b>I hate how I look, so I must look ugly to everyone else too.</b></p>		