

Name: _____

Date: _____

Name the Pattern!

Negative Thought	Dysfunctional Pattern	Rational, Positive Thought
I got into trouble at school today. I just know they're going to kick me out tomorrow.	Jumping to Conclusions (Fortune-Telling) (also a bit of Catastrophizing)	I did something at school today that I'm not proud of, but everyone makes mistakes and it's not the end of the world! I'll try harder tomorrow not to make the same mistake again.
My friend looked at his watch when I was talking today. He must think I'm boring.	Personification	I can't know for certain why my coworker looked at his watch when I was talking. If he thought I was boring, he probably wouldn't come over to talk to me everyday!
I got an award at the assembly yesterday, but that's no big deal. I'm not really that good of a student.	Minimizing Positives	I worked really hard to get that award! My hard work definitely paid off!
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!	Catastrophizing	It would be really difficult not to get a date to the dance, but I could still go with my friends and have a good time. Maybe there'll be other people there without dates!
There's no way I could ever be as talented as the star quarterback on the football team. I shouldn't even try.	Comparison	Our star quarterback is really talented! Even if I'm never quite as good as he is, it doesn't mean I shouldn't play. There are lots of other things I'm good at!

<p>I only got a B on my reading test. I always fail. I shouldn't have even tried.</p>	<p>All-Or-Nothing</p>	<p>Even though a B isn't what I was hoping for on that test, it's still pretty good! Next time I could study even more and see if I can do even better!</p>
<p>I can't believe I gained 3 pounds. I'm so fat and ugly.</p>	<p>Maximizing Negatives</p>	<p>Wow. I didn't realize I've gained 3 pounds, but that doesn't define all of who I am. I'll just make sure to get my exercise in 3 times this week and stop having Mountain Dew® with every meal.</p>
<p>My teacher didn't answer me when I said hello to her this morning. She's probably mad at me for something.</p>	<p>Jumping to Conclusions (Mind Reading)</p>	<p>My teacher didn't answer me when I said hello to her this morning. She might be upset with me, but I can't know that for sure unless she tells me so. Maybe she didn't hear me?</p>
<p>Another student called me a name once today. People are always making fun of me.</p>	<p>Overgeneralization</p>	<p>A student teased me today, but that's his problem! Lots of other people are friends with me. I don't need to dwell on one negative experience.</p>
<p>I must get all A+'s to be a good student.</p>	<p>Shoulds/Musts</p>	<p>I'm a good student as long as I do the best that I can and work hard each day. I don't have to be perfect.</p>
<p>I hate how I look, so I must look ugly to everyone else too.</p>	<p>Emotional Reasoning</p>	<p>Just because there are some things I don't like about my appearance doesn't mean everyone feels that way! No one is perfect!</p>