

## Examples of Maladaptive Thoughts

Below are some examples of maladaptive thoughts. Think about which maladaptive thoughts you may have noticed in yourself or others.

Expecting the worst: "I know I'll make a mess of this job interview."

Feeling that you (or other people) should do everything perfectly: "I have to cook a perfect dinner this time – I can't make a mistake like I did before, or I'll feel like a fool."

Thinking that it is a catastrophe when things do not work out the way you want them to: "It's horrible that I didn't find a job today."

Putting yourself down: "I'm such a loser...."

Thinking that your past will determine your future: "I messed up so many times before, the future is hopeless."

Things must go the way you want them to: "They have to do it my way."

Overgeneralising: "She never listens to me."

Personalising, thinking everything is all about you: "That guy was grinning because he thinks I'm stupid."

## STRATEGIES FOR MANAGING MALADAPTIVE THOUGHTS.

There are several ways we can handle negative thinking, but the first step is to *notice* our maladaptive thoughts! If you have other ideas about how to stop negative thoughts, add them to the list.

Notice it. Name the kind of thought, such as irritable, critical, resigned, or angry.

Speak out loud. Say the thought out loud.

Wait. Decide to wait 30 minutes before taking action on the thought.

Distract yourself. Get busy doing something different.

Consider the consequences. Remind yourself that the thought will not be in your best interest.

Challenge the reality of the thought. (is it really always true?). Talk yourself out of it.

Change or substitute a more realistic or more positive thought.

Other ideas .....