

## Handout 2.2: Problematic Thinking

Notice the words in bold—they are inflexible, blown out of proportion, or illogical, or they represent all-or-nothing thinking. These kinds of statements lead to anxiety.

1. I **can't** stand it!
2. It is **terrible** that things go **wrong**!
3. He **shouldn't** be that way!
4. I **hate** being criticized!
5. They **should** listen to me!
6. I **can't** change what I think!
7. It's **terrible** to be wrong!
8. I **should** be able to control my kids' behavior!
9. I **can't** forgive them/myself!
10. He makes me **nuts**!
11. It **drives me crazy**!
12. He **ruined** my life!
13. Things are **hopeless**!
14. It's **awful**!
15. It's my **fault** she's like that!
16. My childhood **always** affects me!
17. She **made me** feel that way!
18. I **can't** control my feelings!
19. I **can't** help the way I act!
20. He **always** does that!

Do you notice any phrases that relate to you? Write them or other problematic thoughts below and change them into healthier thoughts.

Problematic Thinking	Healthy Thinking
Example: She <b>made me</b> feel that way!	She cannot control my feelings. Rather, I felt that way when she said that.
_____	_____
_____	_____
_____	_____
_____	_____