

The Low Self-Esteem Solution

Handout 8.5: Self-Esteem Log

| | Irrational Thoughts About Myself | Certainty of Beliefs (%) | Types of Cognitive Distortion | Alternative Rational Thoughts About Myself | Certainty of Beliefs (%) | Action Plan and Goals |
|---|----------------------------------|--------------------------|-------------------------------|--|--------------------------|-----------------------|
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Sample Types of Faulty-Thinking Habits

1. **CATASTROPHIZING.** You label things as horrible and awful instead of unfortunate or disappointing: *"This is HORRIBLE!"*
2. **FORTUNE TELLING.** You think you can predict the future: *"I'll never find anyone who will be interested in me. I'll be alone the rest of my life."*
3. **BLACK-AND-WHITE THINKING.** You make all-or-nothing assumptions: *"All men are bad."*

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4. **PERSONALIZATION.** You blame yourself for things that are out of your control: *"I am to blame for my child's issues."*
5. **JUMPING TO CONCLUSIONS.** You make assumptions and regard them as fact: *"He told me he can't come to the party. I bet he just doesn't like me."*
6. **LABELING.** You label yourself and others instead of being specific. Instead of saying, *"I made a mistake,"* you label yourself a *"failure"* or a *"loser."*
7. **MAGNIFICATION.** You make mountains out of molehills: *"This is the worst day of my life."*
8. **MINIMIZATION.** You deny that things are an issue when they are: *"It's not a big deal"* (when it really is) or *"I don't care"* (when you really do).
9. **"SHOULDING."** You have a judgmental attitude toward yourself and others: *"He shouldn't be so upset about it"* or *"I should be smarter and thinner."*
10. **MAKING COMPARISONS.** You compare yourself to others: *"He is so much smarter than me."*
11. **MENTAL FILTER.** You focus on one negative detail and not the whole picture, discounting the positives: *"I am ugly because of my large nose."*

By identifying thoughts that erode your self-esteem and pinpointing your erroneous thoughts and replacing them with healthier ones, you can devise an action plan for a better life.