AMERICAN PSYCHOLOGICAL ASSOCIATION

NAME: _____

Nine Thinking Habits Worksheet

Reflect on how frequently you fall into these habits. Put one checkmark next to the habits you sometimes fall into, two checks if it happens a moderate amount, and three checks if a thinking habit describes how your mind typically works. Keep your answers to yourself and try to mark as honestly as possible.

_____ 1. **The "I can't!" habit.** You automatically conclude that you're not capable of meeting a new challenge or solving a tough problem, which often makes you give up before you even try and leaves you feeling anxious and sad.

_____ 2. **The catastrophizing habit.** You expect disaster and think *What if … ?* whenever you're faced with uncertainty, and you spend a lot of energy feeling needlessly panicky and anxious.

_____ 3. **The all-or-nothing habit.** You see life in extremes. For example, if your performance isn't perfect, it's a total failure. Or any event that doesn't happen one 'right" way is all wrong. This makes you feel down on yourself or upset and irritated with others.

_____ 4. **The zooming-in-on-the-negative habit.** You get stuck thinking over and over about your disappointing or embarrassing experiences and filter out everything positive or even just neutral that also happened. Blowing the negative moments way out of proportion results in pessimism about the present and future.

_____ 5. **The "I should, you should" habit.** You hold yourself or other people to a set of rigid and unreasonable rules. When your expectations are not met, you feel disappointed in yourself or frustrated with others.

_____ 6. **The fortune-telling habit.** You jump to the conclusion that you're certainly going to mess up or that a future event will be a disappointment. You tend to either get really down on yourself and feel unmotivated and depressed, or feel cheated and resentful.

_____ 7. **The mind-reading habit.** You jump to the conclusion that someone else is thinking about you and that the thought is critical. This makes you feel unsure of yourself and anxious.

_____ 8. **The blaming habit.** You either think, *It's all my fault!* and feel guilty or *It's all his fault!* and feel angry and resentful.

_____ 9. **The "It's not fair!" habit.** You get upset when you feel that you've been unjustly treated, even though fairness is an unrealistic expectation.

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