



What Do You Think?*

Stressful Thinking	What Is It?	My Stress-Thinking Habits:	My Partner's Stress-Thinking Habits:
All-or-Nothing	Black-or-white thinking that suggests that life is all good or all bad		
Jumping to Scary Conclusions	Concluding that something that happens occasionally will occur almost always		
Focusing on the Negative	Ignoring positive information and focusing on what bothers you		
Exaggerating Bothersome Ideas	Imagining and believing that the worst scenario is most likely		
Blaming Yourself	Unfairly blaming yourself for something that is bothering you		
Blaming Another	Unfairly blaming others when you are bothered		

Controlling Your Thinking

1. Notice what you are thinking when you are upset, and write it down.
2. Look at the examples in the table. Are your thoughts adding to your upset?
3. Now, write a more realistic or positive reaction to what is bothering you.

*Adapted from *Letting Go of What's Holding You Back*. Sotile & Sotile, 2007.