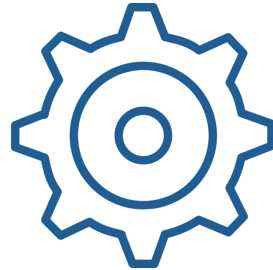


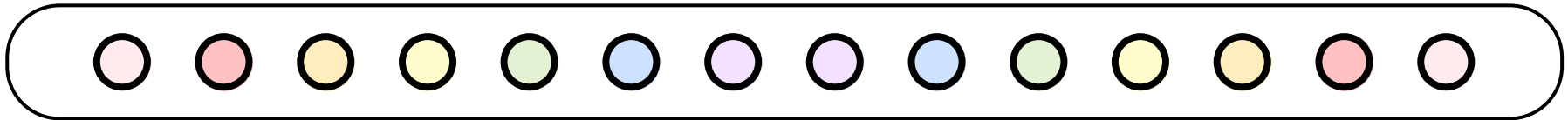
Running Your Thoughts Through The Realistic Thinking Machine



- | | |
|--------------------------|--------------------|
| All or Nothing Thinking | Blaming |
| Negative Filtering | Labelling |
| Overgeneralization | 'Should' Statement |
| Control Fallacies | Magnifying |
| Catastrophizing | Minimizing |
| Taking Things Personally | Mind Reading |
| Fortune Telling | Fairness Fallacy |

Your Automatic Thought

Your Realistic Thought



The Realistic Thinking Machine: Step by Step Instructions

Step 1: Identify Your Automatic Thought

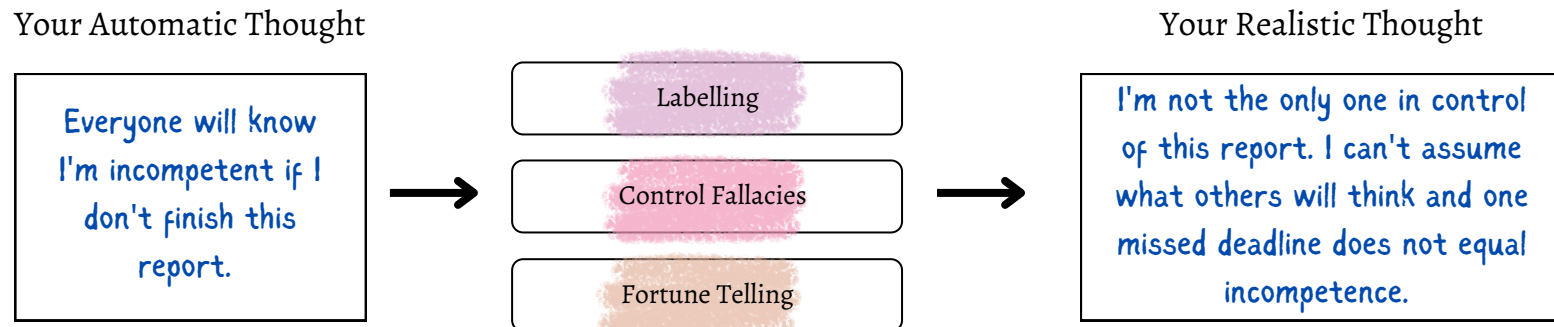
Start by writing down the automatic thought you're currently having (or had previously). This thought may be upsetting to be having, but remember that our thoughts are not always true.

Step 2: Assess for Thinking Traps

Remember: thinking traps are the negative filters that inform our automatic thoughts. In this step, we're going to identify the filter or filters informing this thought. Colour in or circle the traps that are impacting your thought.

Step 3: Remove the Filter

The next step is to remove the thinking trap that is filtering your thought. Try to think of a new thought to replace the unhelpful thought caused by the thinking traps you've identified. Here is an example:



Step 4: Replace the Thought

Say the new thought to yourself out loud to solidify it in your mind. Repeat it as many times as necessary. If you have this thought in the future, try saying the realistic thought to yourself in your mind.

Thinking Traps of The Realistic Thinking Machine

Cognitive distortions or 'thinking traps' cloud our thinking by introducing biases and inaccuracies into our perception of reality. They involve automatic and unconscious thoughts that filter information in a way that reinforces negative beliefs or distorts the significance of events. Here are some brief explanations of the most common thinking traps.



All or Nothing Thinking Thinking in a way that ignores the middle ground. Ex: I'll either succeed or I'll fail.

Negative Filtering Thinking in a way that over-emphasizes the negatives and ignores the positives.

Over-generalization Making conclusions based on not enough evidence. Ex: They frowned so they're mad.

Control Fallacies Thinking that you either have no control or all the control in a situation.

Catastrophizing Assuming that the worst case scenario is the reality of the situation.

Taking Things Personally Assuming that events or actions are based entirely on you rather than other factors.

Fortune Telling Assuming you know the future. Ex: If I do this they'll definitely be angry at me.

Blaming Putting the fault entirely on others or oneself when it is undeserved.

Labelling Assigning judgement based on not enough evidence. Ex: I messed up so I'm a failure.

'Should' Statement Putting unhelpful rules or pressure upon oneself or others about what 'must' happen.

Magnifying Over-exaggeration of the problem or creating problems where they don't exist.

Minimizing Downplaying issues, problems, or positives of a situation or ones character.

Mind Reading Assuming you know what others are thinking. Ex: They think I'm stupid.

Fairness Fallacy Over-focusing on the fairness or lack of in a situation that may just be unfair.

Running Your Thoughts Through The Realistic Thinking Machine

What are Cognitive Distortions?

Cognitive distortions or 'thinking traps' cloud our thinking by introducing biases and inaccuracies into our perception of reality. They often involve automatic and unconscious thoughts that filter information in a way that reinforces negative beliefs or distorts the significance of events. These distortions can lead to misinterpretations, overgeneralizations, and unhelpful thinking, impairing our ability to think clearly, make objective judgments, and effectively solve problems.

Becoming Aware of Unhelpful Thinking Patterns

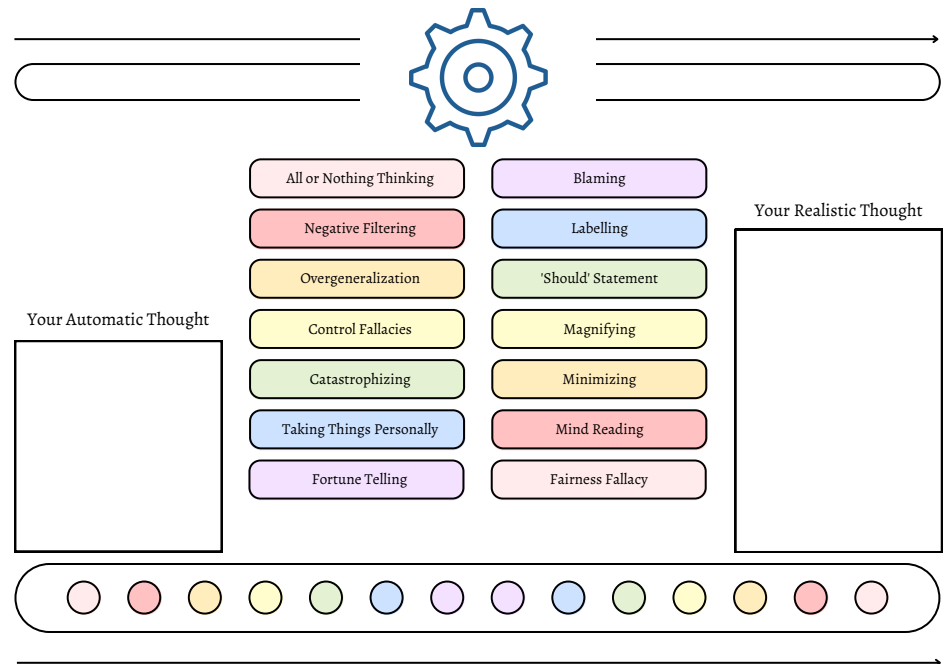
Thinking Traps are automatic and unconscious patterns of thinking that can skew our perception of reality. Because they are automatic, this can make them feel much more real, but our thoughts are not always true. By recognizing and understanding these distortions, we can challenge and correct them, allowing us to make more accurate assessments of situations, make better decisions, and maintain healthier mental well-being.

The Realistic Thinking Machine

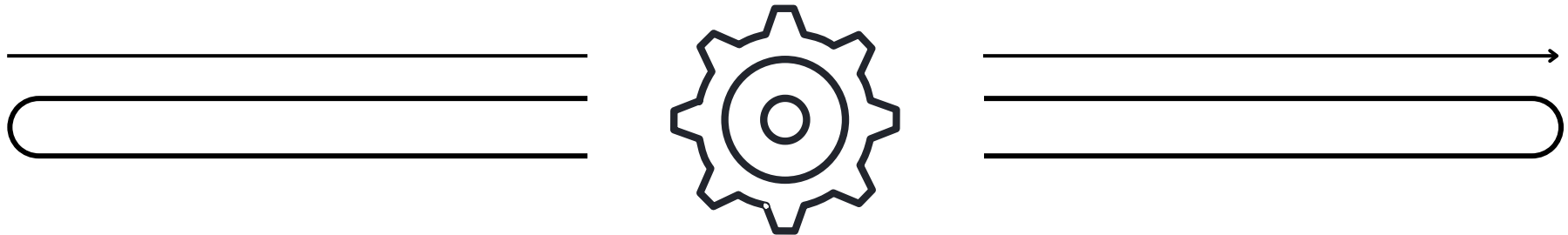
The Realistic Thinking Machine is just one way to assess how your thought may be clouded by one or more cognitive distortions or 'thinking traps'. It is used by first writing down the automatic thought you are having or have had previously. Then, one by one you can ask yourself whether this thought is impacted by any of the 16 thinking traps.

Once you've identified the thinking traps that inform this thought, try to imagine what your thought would be if not for this unhelpful thinking trap.

Place the new thought in the 'Realistic Thought' box.



Running Your Thoughts Through The Realistic Thinking Machine



All or Nothing Thinking

Blaming

Negative Filtering

Labelling

Overgeneralization

'Should' Statement

Control Fallacies

Magnifying

Catastrophizing

Minimizing

Taking Things Personally

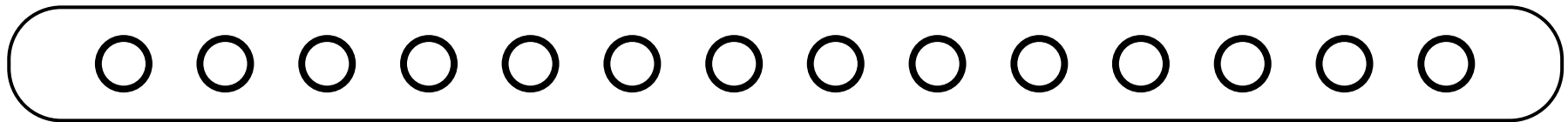
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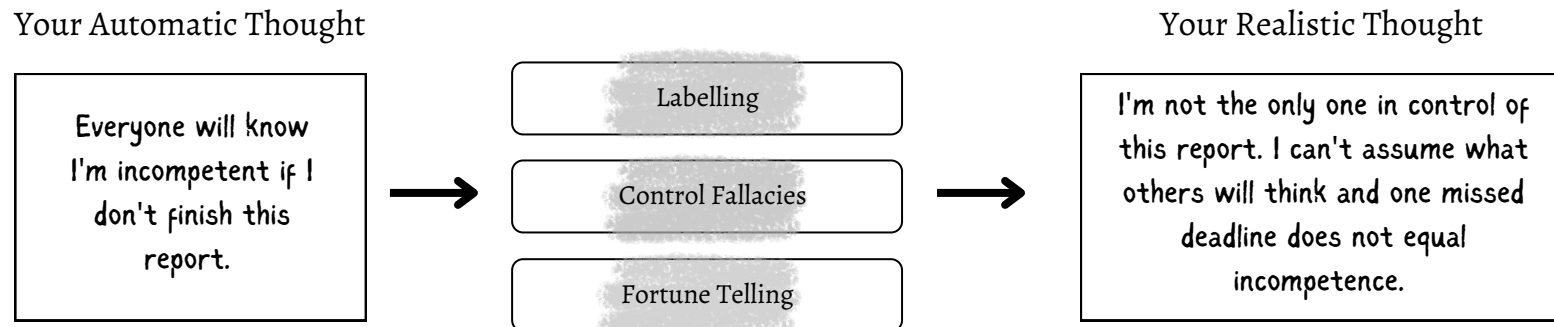
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