

### Resource 5 (Activity 2)

## Types of Unhelpful Thinking

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### Dwell on the bad

One bad thing colours everything.

### Blow things out of proportion

'Everything is so awful', the importance of something is exaggerated.

### Ignore the good

Anything positive does not count.

### 'If only' thinking

Thinking things would be better if things (or you) were different.

### Jumping to conclusions

**Mind reading:** without checking it out, you conclude how someone is reacting to you.

**Fortune telling:** you predict things will turn out badly.

## Resource 6 (Activity 2) Unhelpful Thinking Quiz

Let's identify what type of thinking is going on in each statement.

Types of unhelpful thinking:

**Blowing things out of proportion**

**Dwelling on the bad**

**Mind reading/Fortune telling**

**Jumping to conclusions**

**Ignoring the good**

Read each statement. From the list above, name the type of thinking in each statement.  
You can use more than one.

It is the middle of the summer. A lot of your friends are away. You are bored and you think...  
**'this summer is boring'.**

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A friend tells you that you look well. You think, **'how can I look well with my hair like this?'**

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Your favorite shirt is in the wash and you want to go out. You think, **'I have nothing to wear'.**

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You are late for school and forgot a book you need. You think, **'this day is ruined'.**

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You walk into a room where people are laughing and you think, **'they are laughing at me'.**

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