



# Thought Mix-ups

Sometimes our brain gets a little muddled and we have negative thoughts that we think are true. But they aren't true... they're just thought mix-ups. Which thought mix-ups are you having?

# Thought Mix-ups

Magnified  
thinking

Focussing  
on the  
negative

Thinking  
feelings are  
facts

Fact or  
opinion?

Putting  
yourself  
down

Mind-  
reading

All or  
nothing

Blaming  
yourself

Fortune  
telling

Unrealistic  
expectations

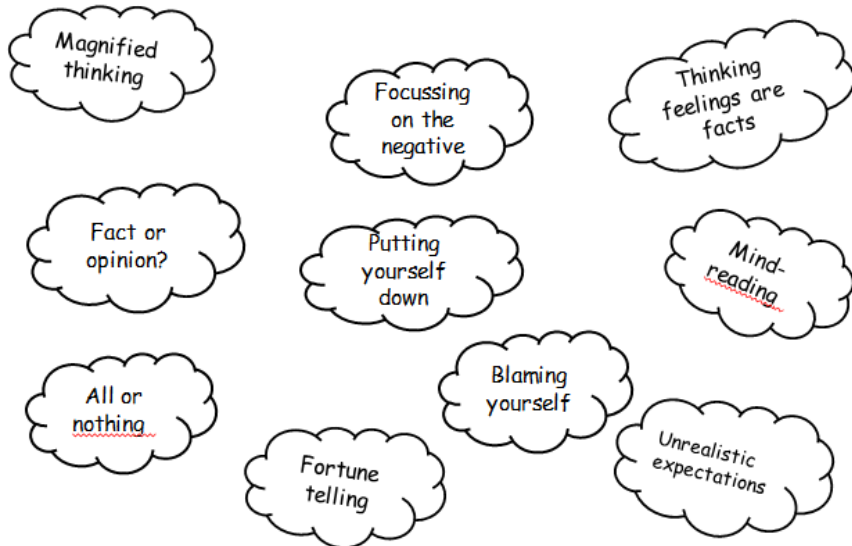
# What do the thought mix-ups mean?

<b><i>Focussing on the negative</i></b>	Only seeing the bad parts and even when something good happens finding a way to feel bad about it(e.g. getting 8/10 on a test but focussing instead on the 2 wrong answers) .
<b><i>Fact or opinion?</i></b>	Believing that something is a fact, when it is actually just somebody's opinion (e.g. being told that you are stupid and believing that is fact rather than an opinion).
<b><i>Magnified thinking</i></b>	Blowing things out of proportion so that if a small, bad thing happens it becomes really big and important.
<b><i>Putting yourself down</i></b>	Thinking negatively about yourself
<b><i>Mind reading</i></b>	Guessing what everyone else thinks (e.g. 'I know everyone at school hates me').
<b><i>Blaming yourself</i></b>	Thinking everything is your own fault .
<b><i>Fortune telling</i></b>	Predicting what will happen (e.g. 'I know something will go wrong, so I won't even try') .
<b><i>Thinking that feelings are fact</i></b>	Thinking that your own feelings are facts (e.g. feeling worried about failing a test when there is no evidence to suggest you will).
<b><i>Unrealistic expectations</i></b>	Thinking that everything should always go right, and be perfect
<b><i>All or nothing thinking</i></b>	Thinking that if something isn't perfect then you've failed completely

# Thought Mix-ups

What is the thought?

Colour in which Thought mix-up you think you might be having.



Why do you think this?

# Thought Mix-ups

It's good to work out what thought mix-ups you are having and talk about them to help you to feel better. Then try to think about...

What's the  
worst thing that  
could happen?

Write here...

What's the best  
thing that could  
happen?

Write here...

What's most  
likely to happen?

Write here...