



AnxietyLab.org

3-4-5 Program Course

Thinking Styles activity

Key idea:

We've all lapsed into bad habits. Taking control of our thinking habits by seeing them clearly can help ease psychological pain.

The Thinking Styles page has a list of negative, maladaptive thinking styles that people fall into. These are habits that will only increase pain and anxiety. We can get used to thinking in better ways with some awareness and practice.

This is where the vital force of intention is needed – sometimes we must change something about ourselves and must summon great energy and commitment to make it happen. Changing how we think is often one of the things we must change in order to be happier. It is difficult but absolutely possible with practice. We can learn to challenge and change automatic thinking responses that are not helpful.

What to do:

Read through the Thinking Styles page on the 3-4-5 Program. Write down each style in your journal and then write out the definition.

- Look at each description and make a list in your journal of which styles you believe you have.
- Then take a day or two to closely monitor your thinking to see what style you actually do most. Use this page to complete the activity.

Day 1 of monitoring thinking styles:

I noticed I do this _____
_____.

I found out that I often use this style when I'm upset: _____
_____.

I caught myself doing this _____
_____.

I found out that I often use this style when I'm at ease: _____

_____.

I now believe my main thinking style is: _____

_____.