



AnxietyLab.org
3-4-5 Program Course
Thinking Styles Quiz

Part I

Match the definition to the thinking style:

Styles:

1. All or nothing (put #1 next to the correct definition below)
2. Selective Abstraction
3. Emotional reasoning
4. Over-generalizing
5. Magnification (or minimization)

6. Jumping to conclusions

7. Discounting all positives

Definitions:

_____ The tendency to assume we can read other people's minds and know what they are thinking or to read the future and predict exactly what will happen.

_____ Being overly broad in our conclusions when there is only a single event. Using words like "always" , "everything", "nothing" to explain a certain situation.

_____ The assumption that because we FEEL a certain way that must mean what we're thinking must be true.

1 The tendency to think in terms of extremes. "I can't enjoy it if it's not 100% the way I want it." "If they say I can't do it, I'll die."

_____ The tendency to focus exclusively on the one thing that didn't go right all day. Even when everything else went fine, we can only think about the one thing that bothers us.

_____ Not counting the good things that have happened. Not recognizing anything good you've done or that others have done.

___ Taking every event or conversation and perceiving it as if it is far more significant and overwhelming than it really is. Or the reverse: invalidating a real issue by making it seem less important than it is.

Part II

Read the phrase and indicate which category it belongs in.

1. "Nothing good ever happens to me." is an example of _____.
2. "That doesn't count." is an example of _____.
3. If I'm not perfect, I've failed." is an example of _____.
4. "I feel embarrassed so they must hate me." is an example of _____.

Part III

Write a short paragraph explaining why it is unhealthy to think in some of these ways. Give examples of why it would be harmful to respond to an important issue with these styles of thinking.
