

Worksheet 7: Black-and-white thinking

Why being your best self could be the worst idea of *all*.

What is black-and-white thinking?

Black-and-white thinking is a term sometimes used in Cognitive-Behaviour Therapy. It refers to a problematic style of thinking, where someone sees things in absolutes, or simplistic extremes.

Some examples:

- "They all hate me."
- "It will never work."
- "This will change everything."
- "I am completely lost."
- "I always do this."
- "You have no idea."
- "We have nothing in common."
- "It has to be perfect."

Building a deeper connection to life, and everything in it means moving away from all-or-nothing thinking.

Write down what you feel are your best and worst qualities:

My best qualities:

My worst qualities:

Which of these qualities are the most **"true"** about you?

Black-and-white thinking is often driven by momentary feelings. When things are feeling good, remember how that feels. Then when things get tough, black-and-white thinking creeps back in.

Write down some more evenly-balanced statements about yourself:

It's true that I am:

When you notice black-and-white thinking, see if you can remember that other, wiser position of seeing both sides. **Hold on to the bigger picture.**