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Education & Training
Enhancing wellbeing. Enhancing effectiveness.

The Helpful Thinking Process

Step 1

'What is my automatic thought?'

Write it down.

What is the feeling?

How strong is it out of 10?

Step 2

Am I making any thinking errors?

- Fortune telling
- Black and white thinking
- Mind reading
- Discounting the positive
- Overgeneralising
- Shoulds
- Catastrophising

Step 3

'What are three other possible outcomes or explanations?'

Write them down.

Step 4

'What has happened in the past in this situation, and what is most likely to happen now?'

Write it down.

The Helpful Thinking Process

Step 5

'What would my thinking brain say, compared to my emotional brain?'

'Do I notice any thinking errors?'

Write it down.

Step 6

'How would I advise a friend in this situation?'

Write it down.

Step 7

Given what I've written above, how could I rewrite my original thought (from Step 1), to make it more:

- Balanced
- Realistic
- Helpful

What is the feeling?

How strong is it out of 10?

My helpful course of action is: