



Thought Types



Have a think about the thoughts that pop in to your mind when you get worried, nervous or anxious. Write these thoughts down, and then look at them, and tick each time the thought relates to one of the below. For example, if one of your thought's is "everyone is going to laugh at me", you should tick the "Predicting the worst case scenario" line.

**Comparing myself with
other (thinking I am
worse than them)**

Putting myself down

Blaming myself

"I can't" thinking

Mind - Reading

**Predicting the worst case
scenario**

"What if" thinking

**Having unrealistic
expectations of myself**

**Blowing things out of
proportion**

**Jumping to negative
conclusions**

**Exaggerating the
likelihood of something
happening**
