

Common Errors in Thinking

Anxiety and worry worsen with thought processes that are ineffective. Below are some thought processes that are usually not helpful. The strategies below often lead to worsening the worry and anxiety as the focus of the thinking is on the threat. Acknowledging the errors in this type of thinking and working on changing it will be a step in the right direction.

Task: Provide examples of times when you have used each of these strategies and then explain how it isn't helpful and explain why:

Exaggerate:

Jump to conclusion:

Single minded – no consideration of alternatives:

Think the worst: