

## Activity 5: Thinking Patterns

Look at the thoughts you recorded in the last activity; are they examples of any unhelpful thinking patterns? In the next module, we will look at how to manage these thoughts more closely. You can either download this form or note this in your booklet/diary for this app.

Thought	Is this viewing the situation in black or white terms?	Underestimating the good possibilities?	A "should" statement?	Taking responsibility for something that is unrelated to you?
"I forgot her medication. I am such a bad daughter."	Yes	No	No	No
"This will never get better."	Yes	Yes	No	No