

CPT/ABC Worksheets: Problematic Thinking Patterns

Circle the words if you recognize yourself engaging in the common thought patterns that keep you stuck. Identifying these thoughts can help your therapist guide your recovery process more definitively.

All or nothing thinking

Catastrophic thinking

Overgeneralizing

Trying to read minds

Emotional reasoning instead of using logic

Taking everything personally

Unfairly labeling things

Disqualifying positive thoughts or lessons learned



icarusbehavioralhealth.com | 505.305.0902