

## **EXERCISE: MY HARMFUL THOUGHT PATTERNS**

The flow of thoughts never stops, and single thoughts come and go constantly. When the same harmful thought patterns keep coming up, you should take a look at them.

### **1. WHICH HARMFUL THOUGHT PATTERNS DO I HAVE?**

## **2. PICK ONE HARMFUL THOUGHT PATTERN TO FOCUS ON.**

Think in detail when this thought pattern arises. Come up with an example of this harmful thought pattern. What happened or what was I doing then? Where was I and who was I with? What happened afterwards? You can go through all the harmful thought patterns you recognise.