



# THINKING PATTERNS

Our thinking patterns are how we make sense of what happens to us—how we interpret situation, experiences or events.



This will ruin my life

It's all my fault

It's all their fault

It's what we **think** about what happens to us that determines our moods and actions.

This always happens to me

They did that on purpose

They "should" do this

**Our thought patterns either help us or hurt us.**

**Don't fall into these "thinking traps." Re-train your brain to create new thinking habits:**

**1** **Blaming yourself.** Look outward—ask yourself how circumstances or others also contributed to the problem.

**2** **Thinking bad situations will last forever.** Grab control—look at what you can change and what is within your control in the current situation.

**3** **Thinking one mistake will affect your whole life.** Get specific—narrow down what specific area of your life will be affected and what specific behavior explains the situation.



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