

All-Or-Nothing Thinking Worksheet

All-or-nothing thinking is when you see things in absolutes. Things are either good or bad, right or wrong.

However, things are rarely “all good” or “all bad”. Instead, they fall somewhere in between.

How to correct it?

Try looking at the bigger picture and taking into account the positives and negatives of each situation.

For example, instead of thinking “Everyone hates me,” try, “Alice rejected me, but I have other people in my life who love and care about me.”

All-or-nothing thought: _____

1. What’s the effect of believing this thought?

2. What is the evidence for and against this thought?

3. Are there other ways of thinking about the situation? Could there be an alternative explanation?

4. What's the worst that can happen? But what's the best that can happen? And the most realistic?

5. What might you say to a friend who's having the same thought?
