

UNDERSTANDING THOUGHT PATTERNS

Mental Health Self-Care Tool

HEALTHY THOUGHT PATTERNS

Healthy thoughts are adaptive and generally lead to effective problem-solving and emotional regulation. They are based on rational, balanced assessments of situations.

1. **Optimism:** "I can handle whatever comes my way."
2. **Resilience:** "I've gotten through tough times before; I can do it again."
3. **Realism:** "Not every day will be good, but there's something good in every day."
4. **Self-compassion:** "Everyone makes mistakes, I'll learn from this."
5. **Flexibility:** "There could be another way to look at this situation."



UNHEALTHY THOUGHT PATTERNS

Unhealthy thought patterns often involve cognitive distortions that can lead to emotional distress and are unhelpful in resolving issues.

1. **All-or-Nothing Thinking:** "If I'm not perfect, I have failed."
2. **Overgeneralization:** "Things always go wrong for me."
3. **Catastrophizing:** "This is going to be a disaster."
4. **Personalization:** "It's my fault they're upset."
5. **Filtering:** "Only bad things happened today; nothing good happened at all."



HARMFUL THOUGHT PATTERNS

Harmful thoughts are intensely negative and can lead to severe emotional distress or unhealthy behaviors. They often require intervention to prevent further psychological harm.

1. **Hopelessness:** "Nothing will ever get better."
2. **Worthlessness:** "I am of no value to anyone."
3. **Helplessness:** "There's nothing I can do to change my situation."
4. **Paranoia:** "Everyone is out to get me."
5. **Suicidal Ideation:** "Everyone would be better off if I were not around."

