

WORKSHEET 7.5.2: TESTING ALL OR NOTHING THINKING WITH CONTINUA

1. What is my all or nothing thought?

2. Specify the all or nothing categories on the continuum

3. Examples of when there are points along the continuum in the thought/behaviour (is it truly the case that it is completely all or nothing?)

Example 1:

Example 2:

Example 3:

4. What I learned from the continuum:

What did you find out when you completed Worksheet 7.5.2? Were you able to challenge your all or nothing