



UNHELPFUL THINKING PATTERNS



SMART
Family & Friends

Below are examples of some common unhelpful thoughts. Which of the Notorious Five is behind each? **D**emandingness? **O**vergeneralization? **R**ating and Blaming? **A**wfulizing? **L**ow Frustration Tolerance?

- _____ Things should be the way I think they should be, or it is terrible.
- _____ If I make a mistake, I am a failure.
- _____ Everyone should think well of me at all times.
- _____ As a parent, I am 100% responsible for the way my children turn out.
- _____ I must never feel sad or unhappy.
- _____ Everyone will judge me negatively if they know that my Loved One has a problem with drugs or alcohol.
- _____ I've given my Loved One everything, now he owes it to me to be a good person.
- _____ If my Loved One really loved /respected me she wouldn't use drugs.
- _____ Using drugs means someone is a "bad" person.
- _____ Children should respect their parents.
- _____ If I don't keep pointing out how bad for him his drug use is, he'll never stop.
- _____ If I leave my Loved One or ask my Loved One to leave, she will be helpless.
- _____ No matter what I try, nothing changes. This is driving me crazy!!!!
- _____ Drug users are "helpless victims" who have no control over their behavior.

"There is nothing either good or bad, but thinking makes it so."
~Shakespeare

