



Unhealthy Thinking Inventory

In order to stop the effects of these unhealthy thinking patterns, you must first identify which of these are most common for you. Review the statements below and indicate which are true for you and/or your spouse.

True for Me

True for my Spouse

- | | |
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| _____ 1. I see things as pretty much black and white. | _____ |
| _____ 2. I tend to make mountains out of molehills. | _____ |
| _____ 3. I often take things personally. | _____ |
| _____ 4. Past disappointments seem to predict the future. | _____ |
| _____ 5. What I'm feeling is more important than the facts. | _____ |
| _____ 6. I often think people make too much out of their problems. They should just get over it | _____ |
| _____ 7. There's a place for everything and everything in its place. | _____ |
| _____ 8. I seem to make things a "big deal." | _____ |
| _____ 9. It's very important to sense others' approval. | _____ |
| _____ 10. I just know things won't get any better. | _____ |
| _____ 11. I can't really believe I'm loved unless I feel it. | _____ |
| _____ 12. I can handle almost any problem that comes my way. I don't really need much support from anyone. | _____ |
| _____ 13. Being perfect in what I undertake is essential to me. | _____ |
| _____ 14. I seem to overreact to relatively small irritations. | _____ |
| _____ 15. If someone in my family is upset, I must have been part of the reason. | _____ |
| _____ 16. I tend to write people off if they hurt or disappoint me. | _____ |
| _____ 17. If I feel unloved, it must be because no one loves me. | _____ |
| _____ 18. There's no reason to get so worked up or so emotional. | _____ |



Now look over each of the statements that were true for you. The chart below gives the questions that match the six unhealthy thinking patterns. Find the items that you agreed with, then identify which thinking pattern(s) the statement represents.

	Polarizing	Magnifying	Personalizing
Questions:	1,7,13	2,8,14	3,9,15
	Generalizing	Emotional Reasoning	Minimizing
Questions:	4,10,16	5,11,17	6,12,18

Complete these sentences:

According to the exercise above, I have a tendency toward: _____

According to the exercise above, my spouse may have a tendency toward: _____

This handout is an excerpt from the book ***Intimate Encounters*** by Dr. David & Teresa Ferguson (ISBN 0-9642845-7-x).

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