



EXPLORING A DYSFUNCTIONAL THOUGHT

3D Recovery ® Resource 2.2

Name: _____ Date: _____

Awareness. What thought is troubling you today?

Situation: _____

Thought: _____

Analysis. It may be helpful to analyze why this thought may be distressing. These concepts are introduced in the handout, *Understanding Thoughts* (3DRecovery.com Resource 2.1).

What is dysfunctional about this thought? (check all that apply):

This thought...

- ☐ is an overgeneralization
- ☐ represents negative filtering
- ☐ implies that pain is unbearable
- ☐ assumes excessive responsibility
- ☐ involves self-referencing or personalization
- ☐ represents all-or-nothing thinking
- ☐ makes wants into needs
- ☐ involves mind-reading
- ☐ assumes that happiness is externally caused
- ☐ supposes that harmful things can lead to happiness

Response. Do you want to continue to think this way or modify this thought?

☐ Retain thought

☐ Modify thought

More Functional Thoughts. If you have decided to modify your thinking, **please write down some alternative thoughts that may be more functional.** These new thoughts may correct the dysfunction(s) you identified in the analysis section. It may be helpful to use the *Understanding Thoughts* handout as a guide as you identify healthier ways of thinking.