

Appendix XI

Thinking Biases Exercise

- Photocopy the table of NATs.
- Cut out the NATs.
- Discuss each NAT with your client, and 'sort' them into thinking bias categories.
- Discuss how some thoughts represent more than one type of thinking bias.
- Does the client particularly identify with any of the categories?

NATs

It always rains at the weekends.	If a size 12 does not fit me I must be obese.	Unless I get 100% in this exam I have failed.
I never say anything right.	The argument is all my fault.	People are either good or bad.
I will lose control completely.	Politicians always lie.	She was in a funny mood – she doesn't like me.
My heart is beating so fast I could die.	He left the party early because he finds me annoying.	She only said that to make me feel better.
If I make a mistake I will lose my job.	The woman upstairs slammed the door to annoy me.	What, this old thing? I bought it at a jumble sale.
You always forget to do what I ask.	I will always be alone.	We lost the match – it was all my fault.

Possible answers are on the next page (some of them are quite ambiguous and may fit into more than one category).

Thinking Biases Exercise – Answers

<p>It always rains at the weekends.</p> <p>Over-generalisation</p>	<p>If a size 12 does not fit me I must be obese.</p> <p>All or nothing</p>	<p>Unless I get 100% in this exam I have failed.</p> <p>All or nothing</p>
<p>I never say anything right.</p> <p>All or nothing/ over-generalisation</p>	<p>The argument is all my fault.</p> <p>Personalisation</p>	<p>People are either good or bad.</p> <p>All or nothing</p>
<p>I will lose control completely.</p> <p>Catastrophising/ fortune telling</p>	<p>Politicians always lie.</p> <p>Over-generalisation</p>	<p>She was in a funny mood – she doesn't like me.</p> <p>Mind reading</p>
<p>My heart is beating so fast I could die.</p> <p>Catastrophising</p>	<p>He left the party early because he finds me annoying.</p> <p>Mind reading</p>	<p>She only said that to make me feel better.</p> <p>Discounting the positive</p>
<p>If I make a mistake I will lose my job.</p> <p>Catastrophising/ fortune telling</p>	<p>The woman upstairs slammed the door to annoy me.</p> <p>Mind reading</p>	<p>What, this old thing? I bought it at a jumble sale.</p> <p>Discounting the positive</p>
<p>You always forget to do what I ask.</p> <p>Over-generalisation</p>	<p>I will always be alone.</p> <p>Fortune telling</p>	<p>We lost the match – it was all my fault.</p> <p>Personalisation</p>