

Distorted Thinking: **Black And White Thinking**

Let's say your friend Alex just broke up with his girlfriend, what feelings might Alex be having right now?

You talk to Alex and he shares these two thoughts with you:

1. *"No one else will ever love me."*
2. *"I will never be able to find someone that I can feel that close to again."*

These statements are examples of **Black And White Thinking**: There is no middle ground. It's all bad, and he uses words like "never" or "ever."

Why are Alex's statements examples of **distorted thoughts**? Are they true?

What are some other statements that Alex could say to himself to counter this distorted thought?

"No one else will ever love me."

- *"I have friends and family who love me."*
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Think about a situation that you are in (or have been in) where you may have had **Black And White** thoughts, used words like "always" or "never," and saw the problem as all bad:

1. What were your feelings? Did those feelings impact your thoughts?
2. What is an example of a **Black And White** thought that you had during this time?
3. Did this thought help you? In what way did it become a roadblock to feeling better, or to fixing the problem?
4. What might be a positive thought or reality statement that you could use to replace the distorted **Black And White** thought that you had?

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