

Distorted Thinking: **Jumping To Conclusions**

Let's say your friend Sophie doesn't like the lunch period that she has been assigned to because the girls that are in there are mean.

You talk to Sophie and she makes the following statements:

1. *"Those girls are bullying me; I know they are talking about me the minute I walk in the room."*
2. *"Sara has hated me since we were in 4th grade. I know she is just jealous and that's why she won't talk to me."*

These statements could be examples of **Jumping to Conclusions**: Not knowing all the facts or giving someone a chance to explain their side, focuses on reading between the lines of what is being (or not being) said to them.

- What feelings do you think she might be having?
- Why are Sophie's statements examples of **distorted thoughts**? Do we know if they are true?

Sometimes we create drama when we don't need to. What are some **positive thoughts** or **reality statements** that Sophie could use to counter this distorted thought?

"Sara has hated me since we were in 4th grade. I know she is just jealous and that's why she won't talk to me."

- *"Sara never talks to me. Maybe I should say hi to her and see what happens."*
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Think about a situation that you are in (or have been in) where you may have **Jumped to Conclusions** rather than focusing on the facts of the situation:

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

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