

WB 2.3c — Ten Thought Patterns Checklist

Use with Chapter 3 (The Thought) in the manual, Chapter 3 in *Shoulder the Bill*. Identify your default patterns.

Purpose Naming your habitual thinking patterns reduces their power — a pattern you can see is one you can question. This checklist helps you find the two or three that shape your stress most.

How to use this page

When: Work through calmly. Be honest rather than harsh; this is information, not a report card.

Done when: You have identified your top two patterns and the correction you will practise for each.

Worked example

My top patterns: Catastrophising and 'Should' statements.

Correction for catastrophising: name the most likely outcome, not the worst.

Where I notice it most: Sunday nights before the work week.

Anchor Phrase: 'A thought is information, not a command.'

Loop stage: Name → Ground → Narrow

☐ All-or-Nothing ☐ Overgeneralisation ☐ Mental Filter ☐ Discounting Positives

☐ Jumping to Conclusions ☐ Magnifying / Minimising ☐ Emotional Reasoning

☐ "Should" Statements ☐ Labelling ☐ Personalising

My top two default patterns:

The correction I will practise for each:

Where I notice my top pattern most:

☐ Self-Reward Loop completed