

# ALL OR NOTHING THINKING

All or nothing thinking can hinder you from seeing the potential solutions to a problem or a situation. This worksheet will allow you to reevaluate the situation you're faced with and help you overcome it.



**Describe the situation.**

**CURRENT**

Thoughts, Emotions, Actions

**Capture the stories you tell.**

**Pinpoint the emotions your story triggers.**

**Describe the result of your thoughts and emotions.**

**NEW**

Thoughts, Emotions, Actions

**What is your desired action?**

**What thoughts would drive the desired action?**

**What thoughts would create the new emotions?**



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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