



BE UNSTOPPABLE

COACHING



Paradigms - Self Talk

Tool and Worksheet





Paradigms - Self Talk

What are your automatic thoughts?

Paradigms are like a lens through which we see the world. It skews our perception of events and affects our behaviour. Paradigms are shaped by our life experiences and activated by matching similar events, which affect our interpretation or the MEANING we give something.

e.g. *A friend doesn't phone on your birthday ... Activates "I'm Worthless Paradigm"*

Thoughts: nobody likes me ...

Emotions: sad, lonely, upset ...

Behaviour: shut self away, don't contact anyone ...

Consequences: paradigm-driven behaviour based on irrational assumption on one small event.

PARADIGM INVENTORY OPTIONS

Use this checklist to identify possible underlying rules or 'paradigms' of thinking.

Mark the paradigms that relate to you.

HEALTHY PARADIGMS	DYSFUNCTIONAL PARADIGMS
No matter what happens, I can manage somehow.	I must be perfect to be accepted.
If I work hard at something, I can master it.	If I choose to do something, I must succeed.
I'm a survivor.	I'm stupid.
Others trust me.	Without a woman (man), I'm nothing.
I'm a solid person.	I'm a fake.
People respect me.	Never show weakness.
They can knock me down, but they can't knock me out.	I'm unlovable.
I care about other people.	If I make one mistake, I'll lose everything.
If I prepare in advance, I usually do better.	I'll never be comfortable around others.
I deserve to be respected.	I can never finish anything.
I like to be challenged.	No matter what I do, I won't succeed.
There's not much that can scare me.	The world is too frightening for me.
I'm intelligent.	Others can't be trusted.
I can figure things out.	I must always be in control.
I'm friendly.	I'm unattractive.
I can handle stress.	Never show your emotions.
The tougher the problem, the tougher I become.	Other people will take advantage of me.
I can learn from my mistakes and be a better person.	I'm lazy.
I'm a good spouse (and/or parent, child, friend, lover).	If people really knew me, they wouldn't like me.
Everything will work out all right.	To be accepted, I must always please others.

Adapted from Wright JH, Wright AS, Beck AT: Good Days Ahead: The multimedia program for cognitive therapy.



Which dysfunctional paradigm/s would you like to change?

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Evidence for this paradigm:

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Evidence against this paradigm:

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What cognitive / thinking errors have you discovered? What new conclusions will you make now?

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Now that I have examined the evidence, my degree of belief in the paradigm is:

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