

Toolkit 1 - Learning Unit 11 Pre intervention

Activity 1b Test your thinking style



Test

DYSFUNCTIONAL THINKING INVENTORY

It asks you about the way in which you use a type of dysfunctional thinking. In this test, there are no right or wrong answers. Simply answer in a way that is most like you.

In each of the 16 questions, you will be presented with a particular dysfunction thinking style. You are asked to consider the extent to which the statement is relevant to you.

For example: 'Black and white thinking.' You are required to respond to this statement by selecting how strongly you use it on a four-point scale: Not at all – Sometimes – Often – Always.

Black and white thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catastrophizing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Minimizing/Maximizing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fortune telling, Jumping to conclusion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Labeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental filter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mind reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overgeneralization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Should statements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Selective interpretation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personalization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emotional reasoning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Over-responsibility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discounting the positive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Always being right	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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Now, check your results. Apparently, those statements with lower numbers show you that you do not have a problem with this type of dysfunctional thinking, and you rather check the statements you rated as 3 or 4.

Write them down, keep them on your mind, and try to realize and acknowledge it whenever you use them. Being aware of the dysfunctional thoughts is the first step to change it. Keeping our fingers crossed for you!



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