



**Toolkit 1**  
**Leaning Unit 11**

**IDENTIFICATION OF DYSFUNCTIONAL THOUGHTS  
&  
PROMOTION OF MORE ECOLOGICAL THINKING**

**Pre intervention**

Developed by  
AKP ČR

## Unit 11 – Content

# How to identify dysfunctional thoughts and promote more ecological thinking?



### 1. TYPES OF DYSFUNCTIONAL THOUGHTS

- **Question:** Are you aware of dysfunctional thoughts and how often you use them?
- **Activity 1:** List of dysfunctional thoughts and rating



### 2. CORE BELIEFS

- **Question:** What are core beliefs and how they influence your thinking?
- **Activity 2:** Information sheet on core beliefs



### 3. COGNITIVE RESTRUCTURALIZATION

- **Question:** How do you work with your dysfunctional thoughts?
- **Activity 3:** Fill a list of techniques and information sheet of recommended methods



### 4. CRITICAL THINKING

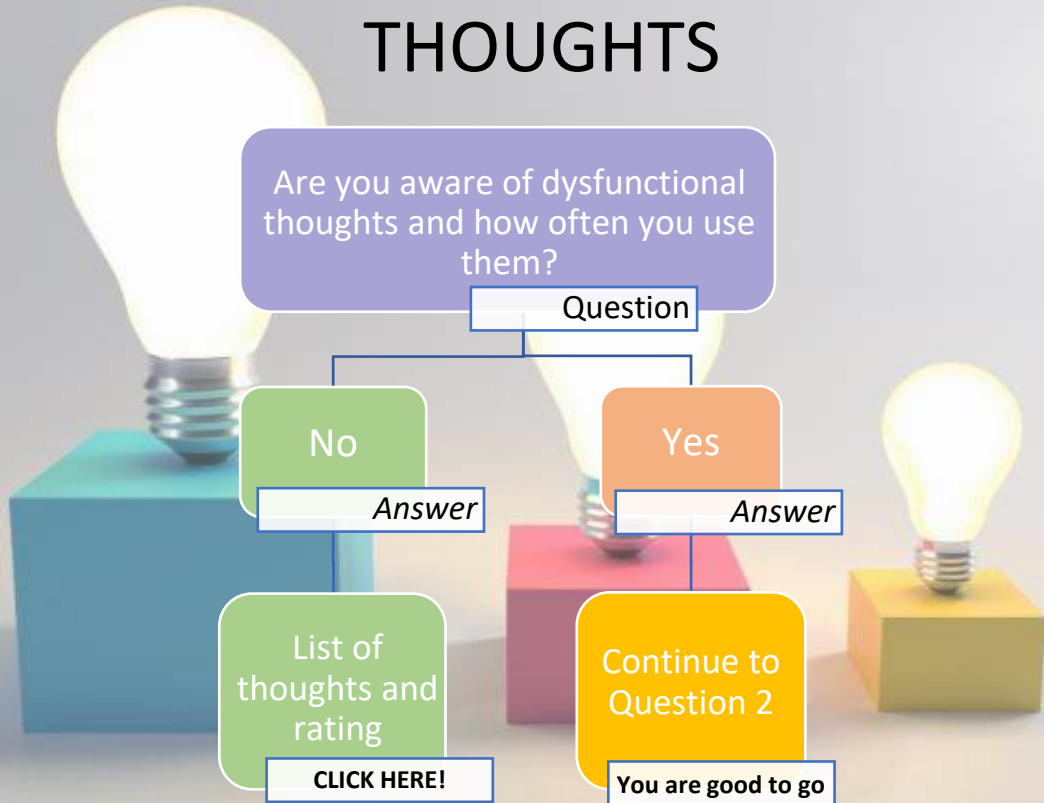
- **Question:** What are critical thinking skills?
- **Activity 4:** List of critical thinking skills and recommended exercise and resources



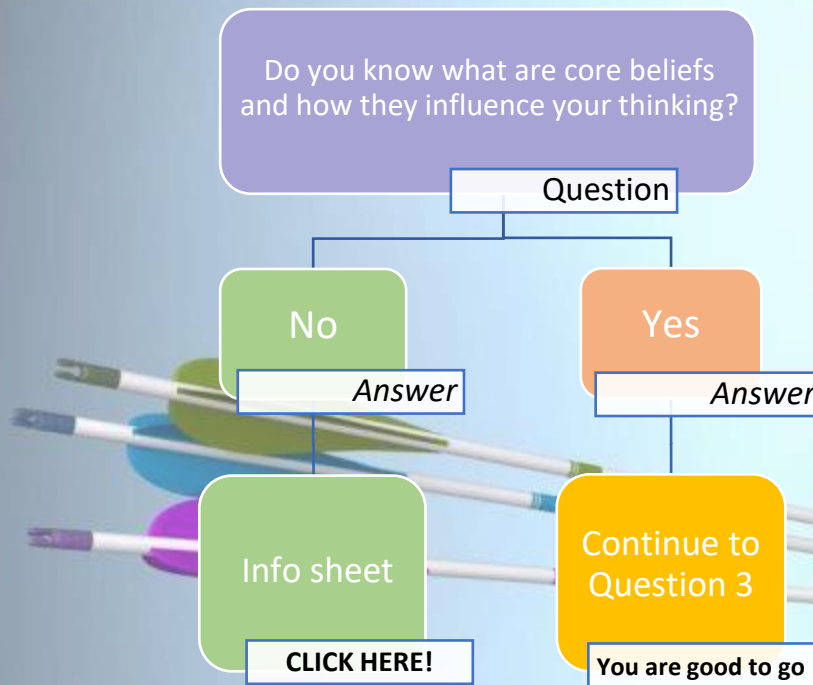
### 5. POSITIVE PSYCHOLOGY

- **Question:** Do you master techniques of positive psychology?
- **Activity 5:** Palate of techniques

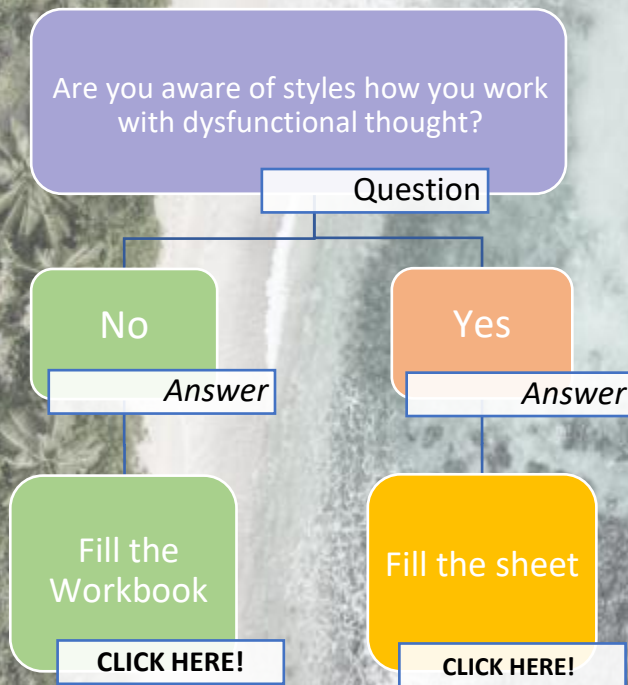
# 1 – TYPES OF DYSFUNCTIONAL THOUGHTS



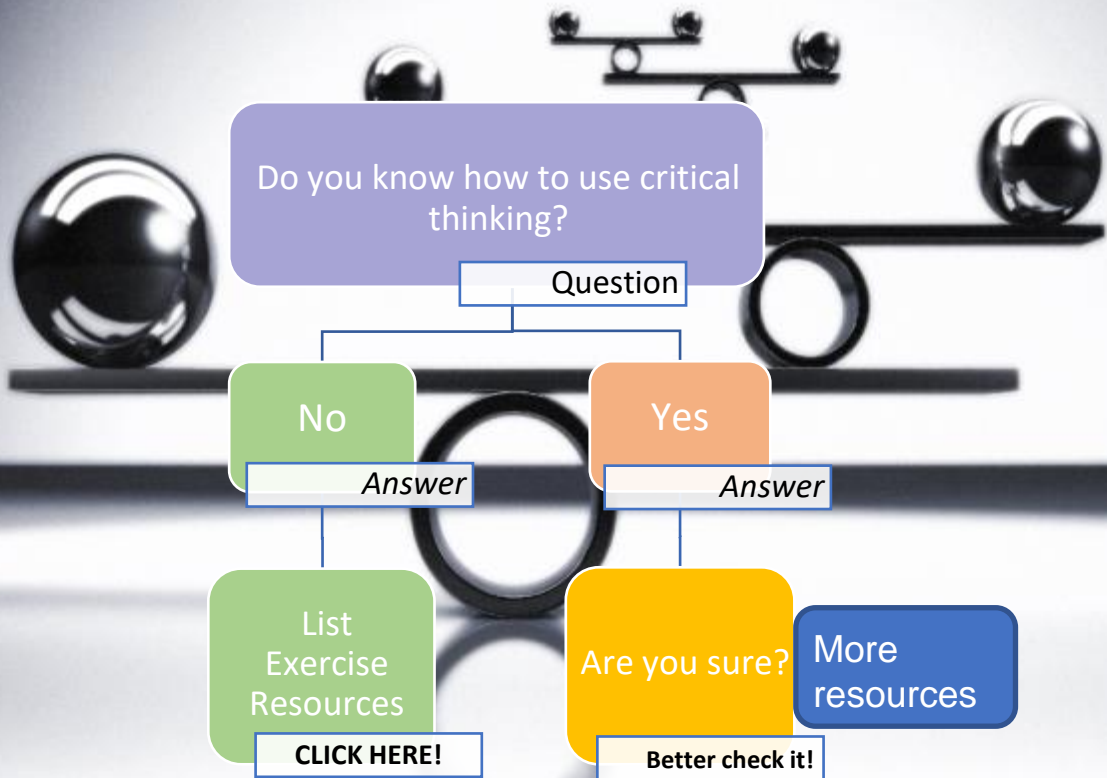
## 2 – CORE BELIEFS



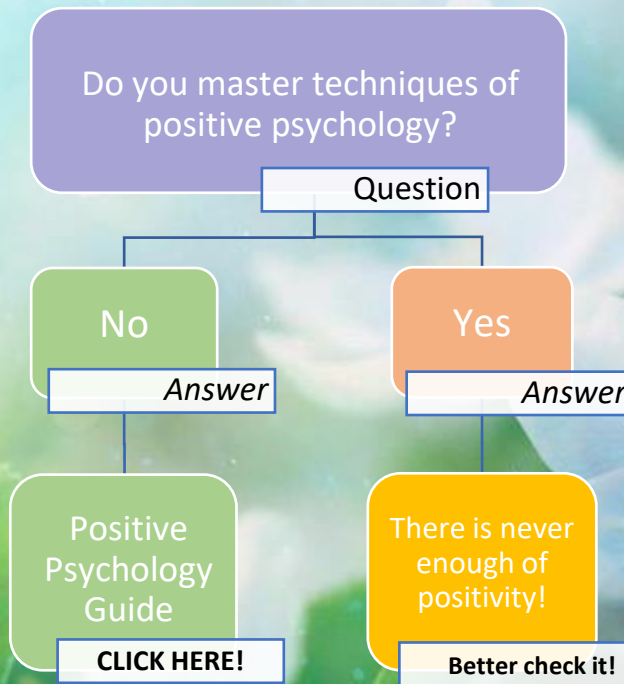
# 3. COGNITIVE RESTRUCTURALIZATION



## 4. CRITICAL THINKING



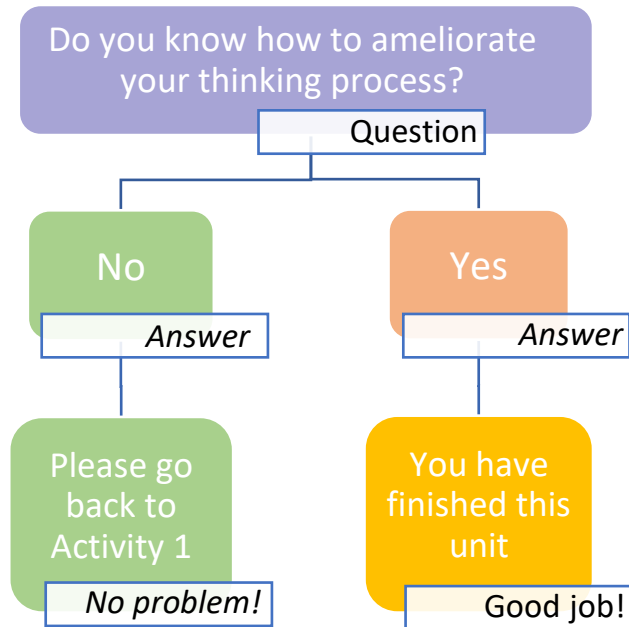
## 5. POSITIVE PSYCHOLOGY



*Feeling happy leads to positive thinking...*

# CHECK YOUR KNOWLEDGE OF UNIT 11

## Dysfunctional thoughts and ecological thinking?







Thank you

*You have finished*

Go to  
another unit

*if you need*