

KAMAKHYAA

for the souls

KFTS is a free and open source platform for mental health resources. All the worksheets have been obtained from free external platforms, and the specific sources for each worksheet are mentioned at the end.

What Are The Errors in My Thoughts?

Loneliness is usually associated with strong and several negative thoughts of the person.

These negative thoughts are:

- Automatic: They seem to happen without any effort on your part.
- Unhelpful: They keep you depressed, make it difficult to change and stop you from getting what you want out of life
- Plausible: You accept them as facts and it does not occur to you to question them
- Involuntary: You do not choose to have them and they can be difficult to switch off
- Distorted: They do not fit with the facts

These negative thoughts put you in a sad mood immediately and make you feel worse.

They make it less likely for you to take positive actions in the future, you just give up before you try anything to put the situation right.

These negative thoughts cause you to make errors in your thinking in several daily situations. Types of thinking errors are:

THINKING ERRORS	EXAMPLES
Jumping to a conclusion without any real evidence	You call a friend but they reject your call. You assume they no longer like you.
Focusing on a detail taken out of context	Someone finds a minor flaw in your behaviour and you think you are unlikable.

Overgeneralizing	A long relationship ends and you feel that you will never find anyone else.
Placing events in one of the two 'black and white' categories with nothing in between	If people don't completely love me, they completely hate me.
Imagining catastrophies	You have a bad experience at a party and you think that you will never get over the embarrassment and everyone will remember your humiliation forever.
Ignoring the good aspects of situations	Your friends say that your lipstick doesn't match your dress and you think you don't look good even though everything else is fine.

Write down any thinking errors that you may have:

Sources:

- Coping with Loneliness: A Life Effectiveness Guide, Published by J & S Garrett. Worksheet retrieved from <https://www.counsellingconnection.com/wp-content/uploads/2011/04/COPING-WITH-LONELINESS.pdf>