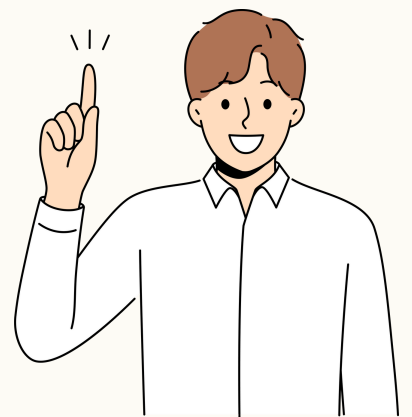


Finding the Grey Area

What is Absolute Thinking?

Absolute thinking is when we tend to think of only two extreme options, without considering the grey area in-between. This kind of thinking comes with absolute words, like "always" or "everything", that leave little space for an objective consideration of both sides of the matter.



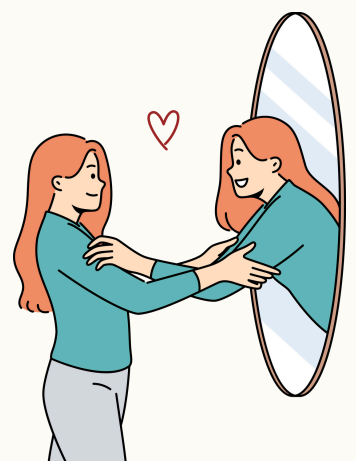
When is Absolute Thinking Harmful?

Defining ourselves in an all-or-nothing manner can drastically change our sense of self-worth. Absolute thinking can give us unrealistic expectations; we either expect everything to be flawless, or constantly expect ourselves to be disappointed.



Self-Perception

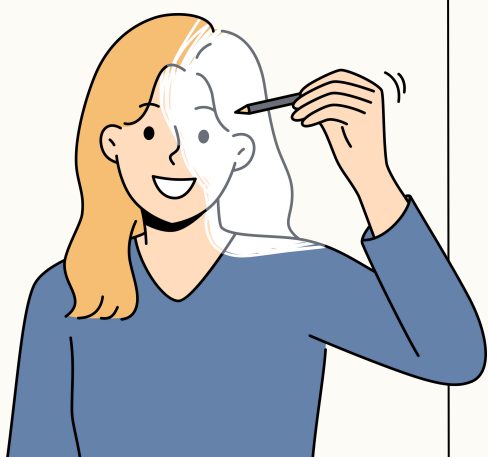
Thinking that we are very good can lead to a sense of complacency that disrupts our motivation to improve and grow. On the other hand, thinking that we are very bad leads to a downward spiral that destroys our self-esteem and self-compassion.



How Not To Think In Absolutes

Instead of thinking in absolute terms, it is important for us to find the grey areas in-between by:

1. Separating our self-worth from our performance
2. Using the word "and" instead of "or"
3. Considering all your options
4. Not dwelling on negative thoughts; understand that setbacks happen



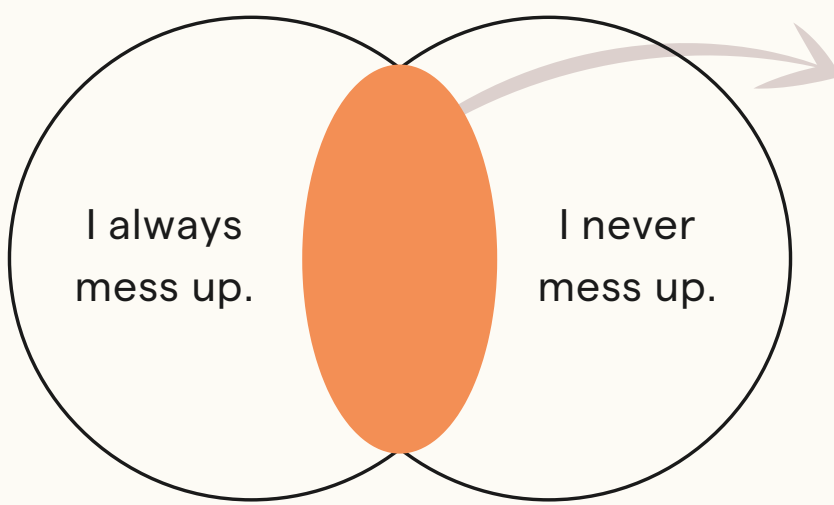
Activity

Venn Diagram

For today's activity, we will be using Venn diagrams to illustrate our thoughts, and help us find the grey area in-between.

In a Venn diagram, label the two circles as two directly opposing absolute thoughts you have once had. Now, shade the overlapping area between the two circles.

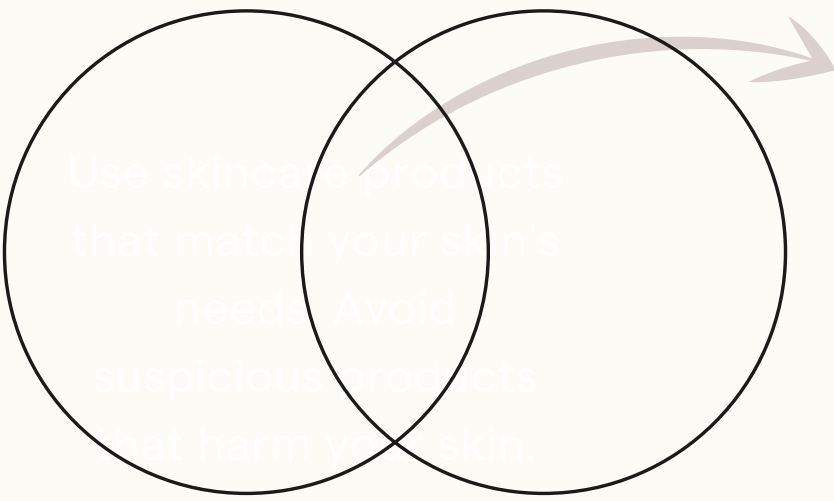
Draw an arrow out from it, and write a statement describing the middle ground between. Here is an example:



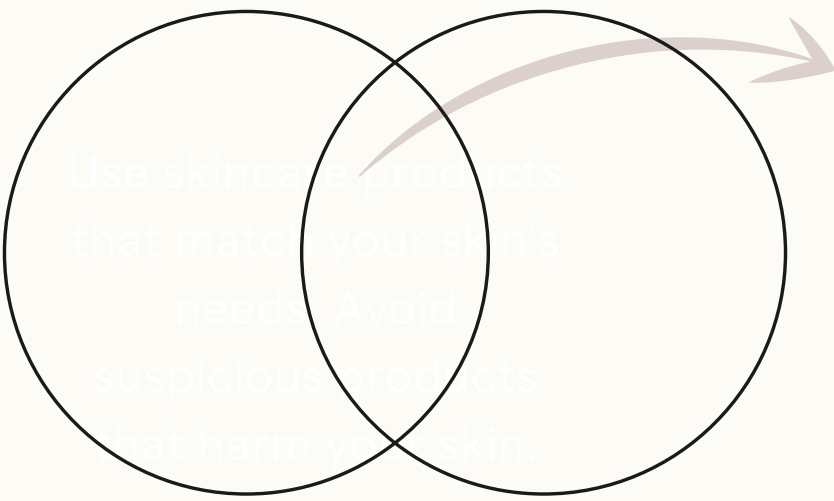
I try to do things as best as I can. I am improving, but I still make mistakes from time to time. This is natural, and I should learn from my mistakes rather than put myself down..

Your turn!

Activity Time: 15 Minutes



Blank text box for writing a statement.



Blank text box for writing a statement.