

Cloud House Therapies; Angela Seran Blue Aerth



Recognising and Challenging Unhelpful Thinking Patterns

A Cloud House Therapies companion journaling resource for the Overthinking & Self-Compassion Meditation



Introduction

Overthinking can feel like being caught in a loop — thoughts spin round and round without resolution, often making feelings of stress and anxiety louder.

Learning to recognise and gently **challenge unhelpful thinking patterns** is a powerful way to break these loops and bring clarity and calm.

This resource is designed to help you:

-  Recognise common unhelpful thought patterns.
-  Gently challenge and reframe them.
-  Develop a kinder, more balanced inner voice.
-  Support your journalling practice after the meditation.

You may use it:

- Right after the meditation,
 - As part of your daily or weekly journalling practice,
 - Or whenever your thoughts feel tangled and heavy.
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How to Use This Resource

1. **Choose one situation** that's been looping in your mind.
2. **Write about the situation** as honestly as you can — no need to edit or make it neat.
3. **Review the list** of unhelpful thinking patterns below. Notice if any sound familiar.
4. **Gently challenge and reframe** those thoughts using the prompts provided.
5. **Write your new, balanced narrative** in the “Reframe” section.
6. Finish with a slow, grounding breath and one kind sentence to yourself.

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Unhelpful Thinking Patterns — and How to Gently Challenge Them

No.	Thinking Pattern	How It Shows Up	Gentle Questions to Challenge	Space to Reframe <i>Write a balanced statement here.</i>
1	All-or-Nothing Thinking (Black & White Thinking)	"I'm a total failure." "This is ruined."	- Is there any middle ground? - What are some shades of grey here?	
2	Overgeneralization	"This always happens to me." "I'll never get this right."	- Is this really always true? - Am I basing the future on one moment?	
3	Mental Filter	Only noticing what went wrong.	- What positives am I overlooking? - What's the full picture?	
4	Discounting the Positive	"That doesn't count."	- Why doesn't it count? - How can I give credit where it's due?	
5	Jumping to Conclusions	"I just know they don't like me."	- What evidence do I actually have? - What other explanations exist?	
6	Catastrophizing	Imagining the worst-case scenario.	- What's the worst, best, and most likely outcome? - How important will this be in a month? A year?	
7	Emotional Reasoning	"I feel it, so it must be true."	- Just because I feel this, does that make it fact? - What are the actual facts?	
8	"Should" Statements	"I should be stronger." "They must understand."	- Is this a rigid rule or a preference? - Can I rephrase 'should' into something kinder?	
9	Labeling	"I'm a failure." "They're terrible."	Can I describe the behaviour rather than label the person?	

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10	Personalization	"This is all my fault."	 What's a more specific and fair description?  Was this entirely my responsibility?  What other factors were involved?	

Example of Reframing

Situation:

I forgot to reply to my friend's message for two days. I feel like the worst friend ever.

Thinking Pattern:

Labeling / All-or-Nothing Thinking

Challenge Questions:

Am I truly "the worst friend ever," or did I just make a small mistake?

Reframe:

I was busy and forgot. That doesn't make me a bad friend. I can send a kind message now and explain honestly. One missed reply doesn't define me or the friendship.

Self-Compassion Prompt

After journaling and reframing, place your hand over your heart or rest your palm on your chest.

Take a deep, steady breath.

Repeat softly to yourself:

"I'm doing the best I can."

"My thoughts are not facts."

"I can meet myself with kindness."



Optional Daily Practice

- Choose one unhelpful thought per day to gently work with.
- Reframe it into something more balanced.
- End with a grounding breath and a kind word to yourself.