

## My thinking patterns

Situation	Emotions	Thoughts	Thinking patterns
<i>In a seminar with my class. I realise I've mixed up two things while talking about the Middle Ages.</i>	<i>Anxiety, worry, frustration, shame and guilt</i>	<i>I must know everything, otherwise I'm completely worthless! I need to pull myself together!</i>	<i>All-or-nothing thinking; Strict rules</i>