Unhelpful thinking styles



Catastrophizing	Examples	Challenge
Perceiving that a circumstance (e.g., a GI symptom) is worse than it actually is while also underestimating your ability to cope	"What if I have a heartburn flare right before my work presentation?" "I just know all my friends will think I'm weird for constantly having to use the restroom at dinner."	What are the possible outcomes – best, worst, most likely? Am I jumping ahead of myself? How much does this matter at this very moment?

Perfectionism	Examples	Challenge
Holding yourself and/or	"If I don't spend this time planning	Is there a middle-ground where things
others to unrealistic and	out all of my meals and getting it just	don't go perfectly but still turn out okay?
demanding standards	right, then my symptoms will worsen."	Am I being too rigid right now?
even though it has	"I can't feel I've had a 'good day' unless	What are some other ways to think
negative consequences	I experienced no symptoms at all."	about it?

Emotional reasoning	Examples	Challenge
Viewing yourself, others, and situations based on the way you're currently feeling	"This stomach pain is really distressing and scary so I must have something seriously wrong with me!" "I'm very nervous right now and this must be a bad thing so I need to do something about it."	How do I know something is seriously wrong with me? What information have I gotten from my doctors? Would I feel the same if my situation, mood, or location were different?

Jumping to conclusions	Examples	Challenge
Drawing conclusions based on limited and/or distorted information, rather than facts	"I've tried everything, there's no way deep breathing is going to help me." "There's no way I can go to the beach without everyone seeing my bloated belly and thinking something is wrong with it."	How do I know this is true if I haven't tried it? Is it 100% certain – is it a 50-50 chance? What would I say to a friend who came to a similar conclusion? If I was feeling differently right now, would I still think this?
Personalization	Examples	Challenge
Taking blame for something even though you had little or nothing to do with the outcome	"I knew I shouldn't have treated myself to that meal since now I'm having symptoms." "No one ever wants to invite me out	Am I responsible for how they think or feel? What factors about this situation are actually within my control?

anymore since I have so many food

restrictions."

Is there any other possible explanation that is not my fault?