

Recognizing Destructive Behaviors

Throughout the day, critical thoughts, pressure thoughts, or fear thoughts can be prevalent. One of the first steps in protecting yourself from this mistreatment is learning to recognize when these thoughts come up. A boxer needs to see the punch coming before he knows to duck.

Sometimes these thoughts are obvious, but other times they can be really subtle. For example, you may have the thought, "I have to do this exercise or this program isn't going to work for me." That's a pressure thought right there. "I'm never going to be able to catch all these thoughts." There's a fear thought. It can be really helpful to recognize the different manifestations of these thoughts.

This exercise aims to help you recognize the different abusive thoughts that come up throughout the day. In the designated spaces below, identify the various critical thoughts, pressure thoughts, or fear thoughts that arise. Sometimes they overlap, so don't worry about categorizing them perfectly. You don't need to catch every single one; this is just a helpful way to identify some of your mind's go-to thoughts. Later on in the program, we will go over healthy ways to respond when these thoughts come up.

Critical Thoughts	Pressure Thoughts	Fear Thoughts