

# How to crush 'black and white' thinking

This worksheet can help you identify situations where you have fallen into the trap of black and white (or 'all or nothing' thinking) and the consequences this had for you. It will also help you identify alternative, more helpful, ways of thinking about the situation.



## BLACK AND WHITE THINKING

The tendency to think in extremes with no middle ground. You might catch yourself using these words:

Always	Perfect	Good
Never	Should	Bad
Ruined	Disaster	
Failure	Impossible	

<p><b>What was the situation?</b></p>	<p><i>Example: I checked my blood sugars and the reading was higher than I hoped</i></p>
<p><b>What was your 'black and white' thought?</b></p>	<p><i>Example: "I am a complete failure", "I have ruined the whole day"</i></p>
<p><b>How were you feeling at the time?</b></p>	<p><i>Example: sad, angry, guilty, worried</i></p>
<p><b>What alternative thought(s) can you create? Can we think in shades of grey?</b></p>  <p>If you are struggling to think of alternative thoughts, it can be helpful to ask yourself:</p> <ul style="list-style-type: none"> <li>➤ If someone else with type 1 diabetes had this thought, how would I respond?</li> <li>➤ What other points of view are there?</li> <li>➤ Are there any other ways to think about this situation?</li> <li>➤ What did I do well at today / this week?</li> </ul>	<p><i>Example: "I can't have perfect blood sugars all of the time; I am trying my best"</i></p>