

## **PREPARING CARDS**

Print the following two pieces of paper and stick them back to back on a piece of card.  
Cut the cards out.

You now have Distorted Thought Flash Cards.

## **TASKS**

Each day, read the Distorted Thought example and see if you can give it the correct DISTORTED THOUGHT name printed on the otherside of the card.

Each day, read the DISTORED THOUGHT name, and write down any thoughts you might have had that were distorted. Maybe you Blew Things Out of Proportion, and can describe the event.

Either by yourself, or with other STEPPS group members, use the Distorted Thoughts Flash Cards with the Filter-Belief Flash Cards. Put the each Distorted Thought next to the Filter Belief card(s) that may have caused it. See any patterns?

When doing your Emotionally Intensity Sheet for STEPPS, use these cards to help you identify what Distorted Thoughts are affecting your behaviour.

These cards can by used alongside blog post STEPPS 4 - The STEPPS Process  
[www.smarturl.it/STEPPS4](http://www.smarturl.it/STEPPS4)

Other BPD and STEPPS resources are availabe at  
[www.smarturl.it/STEPPSresources](http://www.smarturl.it/STEPPSresources)

**Overgeneralise**  
(draw a general conclusion)

**Give Biased Explanation**  
(Be too negative or positive)

**Focus on Negative**

**Magnify**  
(blow things out of Proportion)

**Reject the Positive**

**Ignore Information**

**Jump to Conclusion**  
(about what others think or feel)

**Reason with Emotions**  
(believe what you feel is true)

**Create**  
**Self-fulfilling Prophecy**

**Believe Should Statements**

<p style="text-align: center;"><b>Distorted Thought</b></p> <p>"He didn't text me. He's leaving me!" "She text me. We will be best friends."</p>	<p style="text-align: center;"><b>Distorted Thought</b></p> <p>If it happens once, it could happen again.</p>
<p style="text-align: center;"><b>Distorted Thought</b></p> <p>Boyfriend says he's tired and wants a night in by himself. "He's having an affair and is going to leave!"</p>	<p style="text-align: center;"><b>Distorted Thought</b></p> <p>You score 9 out 10 on test. "But I got 1 wrong!"</p>
<p style="text-align: center;"><b>Distorted Thought</b></p> <p>Girlfriend works late, a lot. Someone always hangs up when I pick up the phone. Ignore possibility that girlfriend is having an affair.</p>	<p style="text-align: center;"><b>Distorted Thought</b></p> <p>Someone says, "You look nice in that dress." You think they have poor taste.</p>
<p style="text-align: center;"><b>Distorted Thought</b></p> <p>You feel anxious and nervous about your college lecturer. "The teacher is a bad person."</p>	<p style="text-align: center;"><b>Distorted Thought</b></p> <p>I got angry at the doctor before he said anything because I knew he would say there was nothing wrong with me.</p>
<p style="text-align: center;"><b>Distorted Thought</b></p> <p>You believe things should be a certain way. "My wife should always want to hold my hand. When she doesn't, it shows she does not care for me."</p>	<p style="text-align: center;"><b>Distorted Thought</b></p> <p>You image something bad will happen. You then believe it will happen. You then act in a way that makes it happen!</p>

**Label**  
(other people)

**Expect Life Should be Fair**

**Take Things Personally**

**Expect to be Rewarded**

**Catastrophise**  
(believe the worse will happen)

**Believe You Are in Control**

**Blame Others**

**Make Illogical Connections**  
(between cause and effect)

<p style="text-align: center;"><b>Distorted Thought</b></p> <p>"It's not fair that I got BPD and my friends didn't. They've got children, wives and jobs. Life isn't fair!"</p>	<p style="text-align: center;"><b>Distorted Thought</b></p> <p>Label other people and react to that label. "I shun the homeless because they have brought it on themselves."</p>
<p style="text-align: center;"><b>Distorted Thought</b></p> <p>"If I do good, only good things should happen to me!" "Why do bad people win the lottery and not me?"</p>	<p style="text-align: center;"><b>Distorted Thought</b></p> <p>Think everything relates to you. "Those people I met were laughing in the corner. They were laughing at me."</p>
<p style="text-align: center;"><b>Distorted Thought</b></p> <p>"I should be able to look after the kids, have a career, do my therapy, and have time for me. If I can't, then its my fault!"</p>	<p style="text-align: center;"><b>Distorted Thought</b></p> <p>"The therapist will hate me. Even if I stick it out, the STEPPS therapy will never help. No matter what I do, I cannot get well."</p>
<p style="text-align: center;"><b>Distorted Thought</b></p> <p>"When I enjoy myself, bad things happen." "Whoever I love with will get sick and die." "STEPPS therapy will cure me!"</p>	<p style="text-align: center;"><b>Distorted Thought</b></p> <p>"My problems are somebody else's fault." "Others make me feel angry, and cause me to act the way I do." "It's not my fault, it's theirs!"</p>