



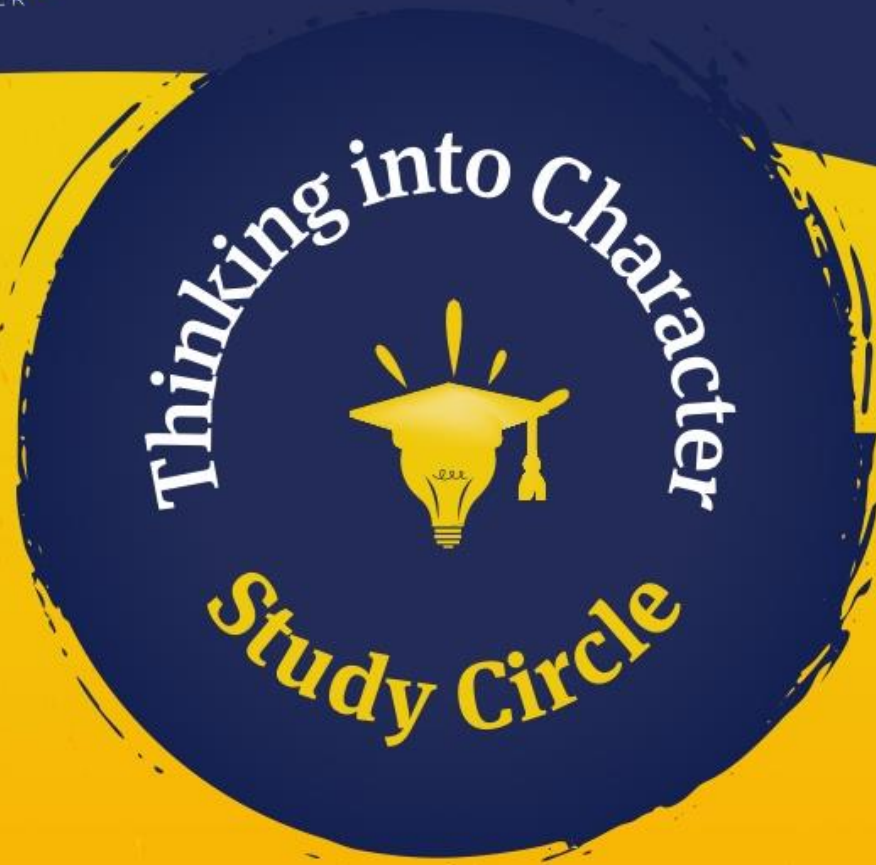
Thinking into Character Study Circle




Thinking
INTO CHARACTER

 **REGENT**
COLLEGE
LONDON


Thinking
INTO CHARACTER





Discussion point

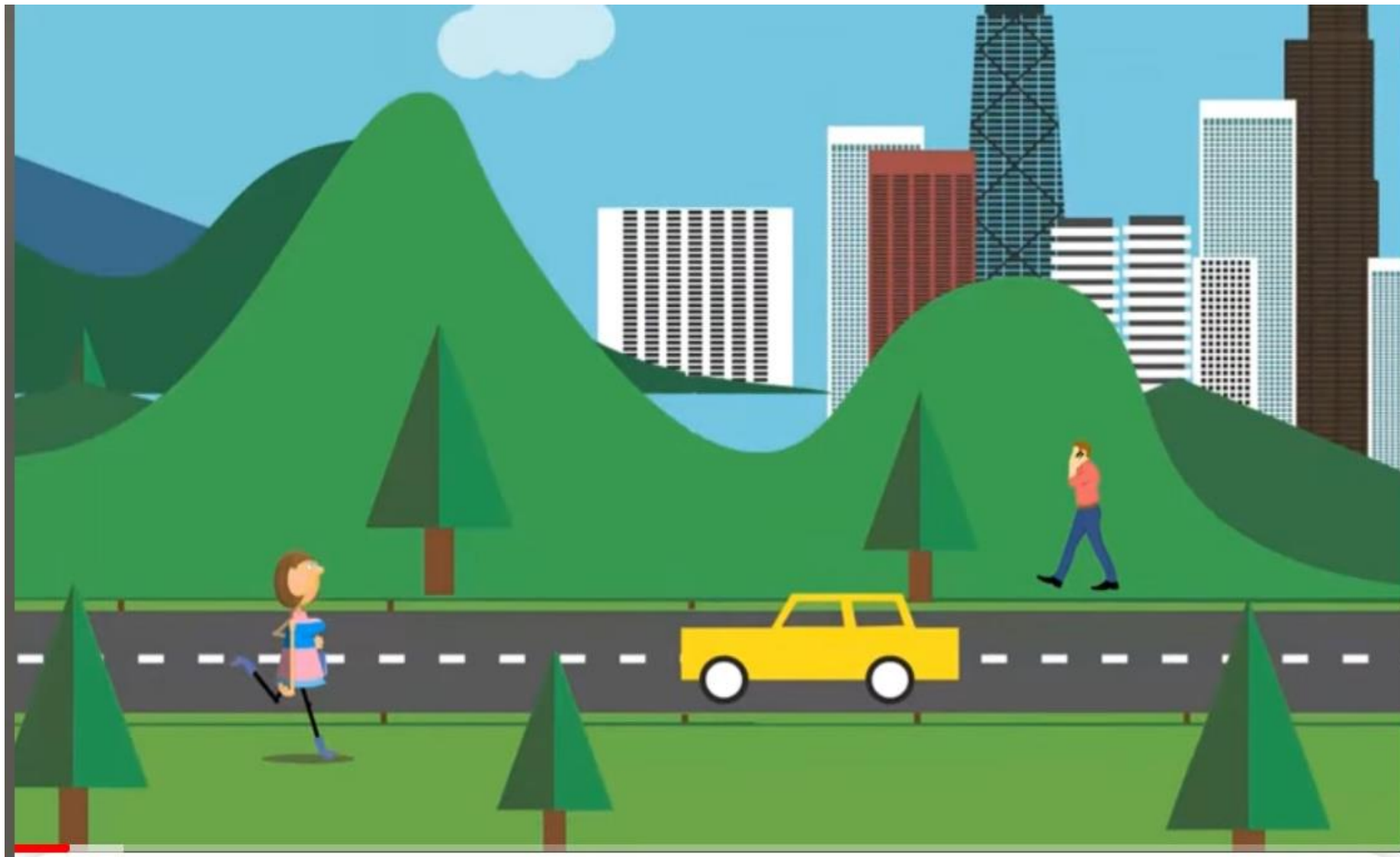
Share your “Thoughts inquiries”



Lesson 4: Part 1

Stick person Unlocking the secret







What's the matter? Have I done something to upset him?



Why didn't he respond? Doesn't he like me?





*What's his
problem? What's
wrong with him?*



ANGER!



*I guess he just
didn't notice me.*



Meh



“

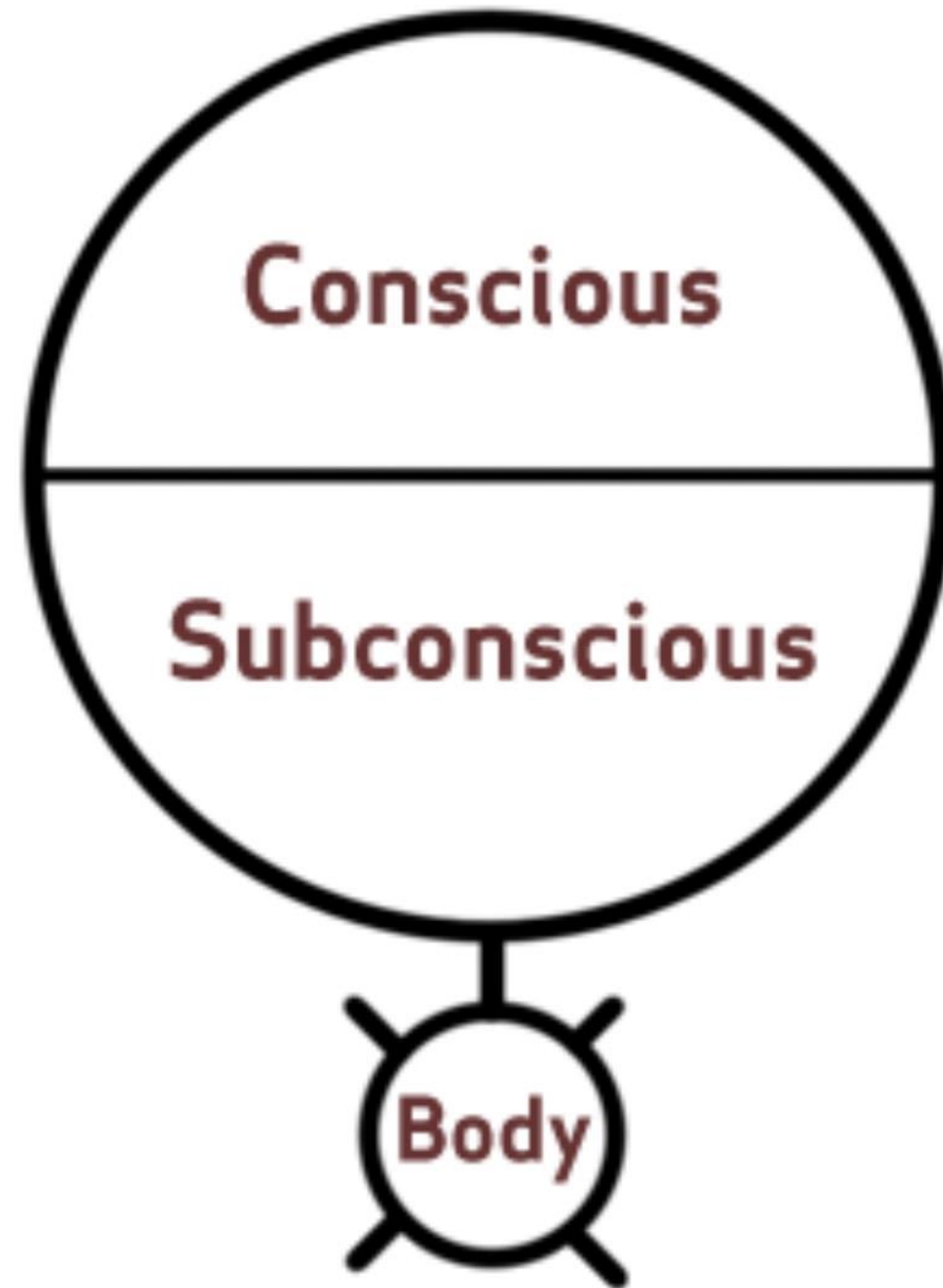
It's not what happens to you, but how you react to it that matters.

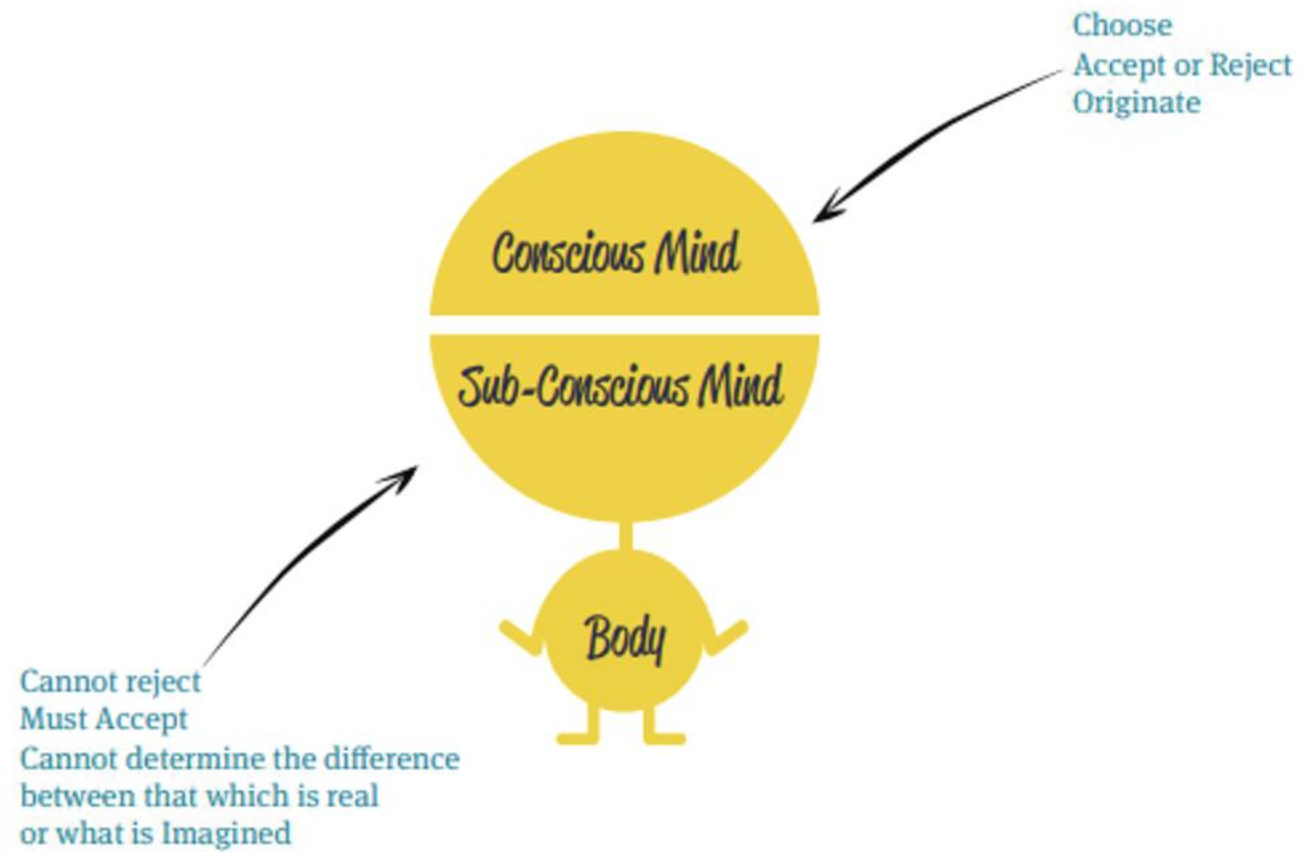
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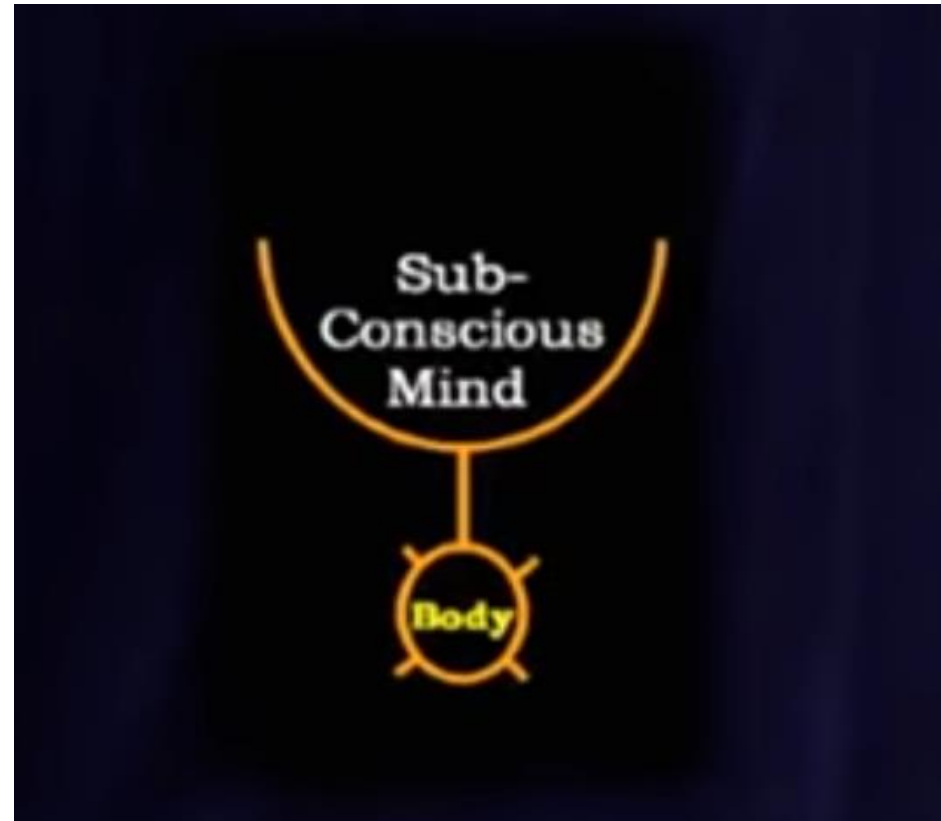
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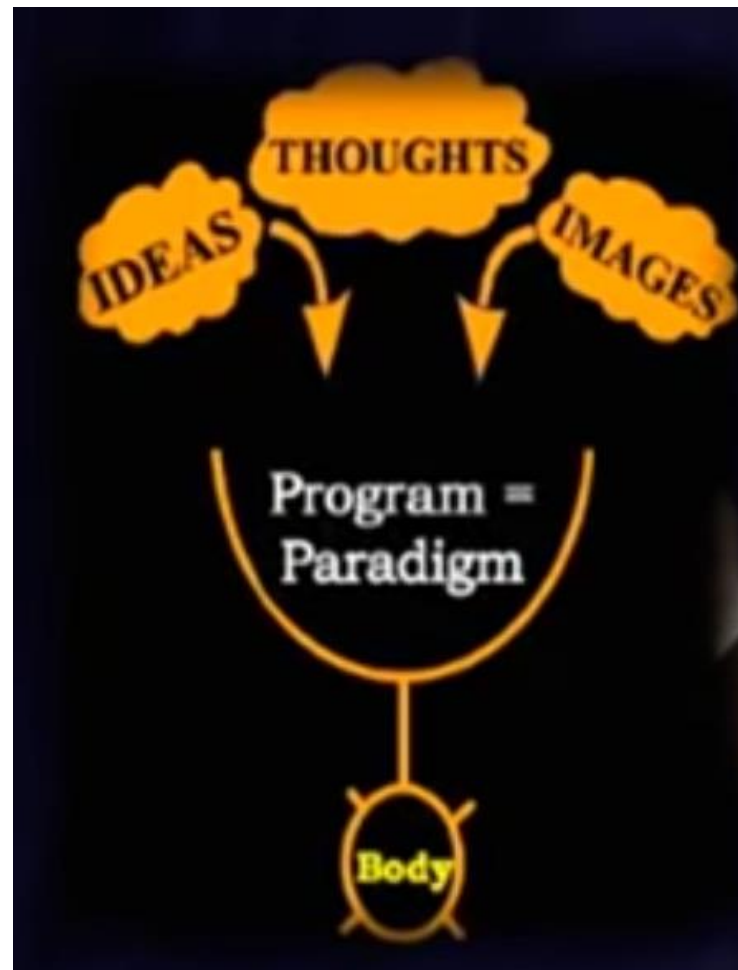
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PARADIGMS
Are A
Multitude Of
Habits

**OTHER
PEOPLE'S
HABITS**
Passed on from one
generation to the next!

CONSCIOUS
Mind

Paradigm

Body



WHAT ARE ANTS?

Automatic Negative Thoughts

"He's always putting me down."



"I won't get this done on time. I just won't try."



"You never listen to me."



"Nobody could love me."



"I'm so stupid."



"I feel like staying in bed, but I should go to the gym."



"I'm a failure."

"No one understands me."



"I'm so annoying."



"Why try? I'm awful at this."



"I shouldn't get upset over this."



"I shouldn't cry."

"You never listen to me."

"She didn't say hello, she must hate me."



**“Until you make the unconscious conscious,
It will direct your life and you will call it fate.”**

Carl Jung



Automatic Negative Thoughts Record

Situation	Automatic Negative Thought	Emotion Scale 1-10	Challenge your ANTs	Balanced new thought	Emotion Scale 1-10
I waved at my friend on the street but he did not wave back	He must be mad at me	Anxious - <u>8</u>	<u>Maybe</u> he didn't notice me	We have been friends for so long, there is a reasonable explanation	Anxious 3



Practice to take home for Friday the 21st of May

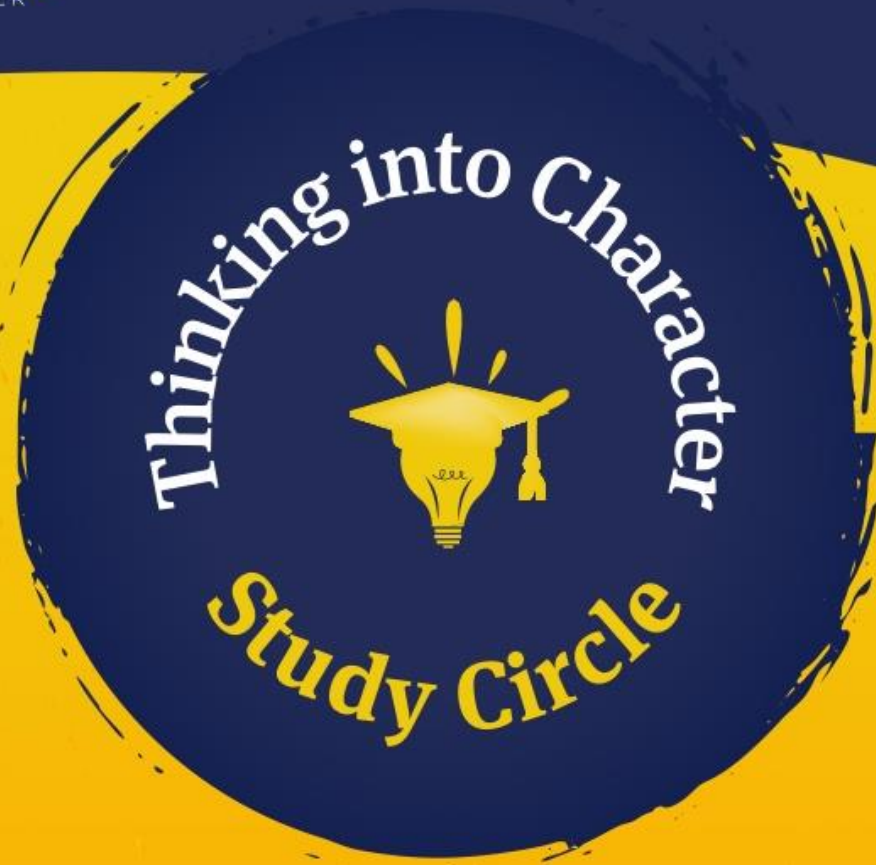
- 1 Bring to discussion point one of your Automatic Negative Thoughts and new balanced one**
- 2 Read lesson four Overview p-48-52**
- 3 Watch video for lesson 4**
- 4 Do Ex 3 p 53-54**
- 5 Keep Reflective journal**



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**Name one of your Automatic Negative Thoughts ,
challenge it and replace it with a more balanced thought**



Situation	Automatic Negative Thought	Emotion Scale 1-10	Challenge your ANTs	Balanced new thought	Emotion Scale 1-10
I waved at my friend on the street but he did not wave back	He must be mad at me	Anxious - <u>8</u>	<u>Maybe</u> he didn't notice me	We have been friends for so long, there is a reasonable explanation	Anxious 3



**CHANGE YOUR
THOUGHTS,
AND YOU CHANGE
YOUR DESTINY.**

JOSEPH MURPHY



WHAT ARE ANTS?

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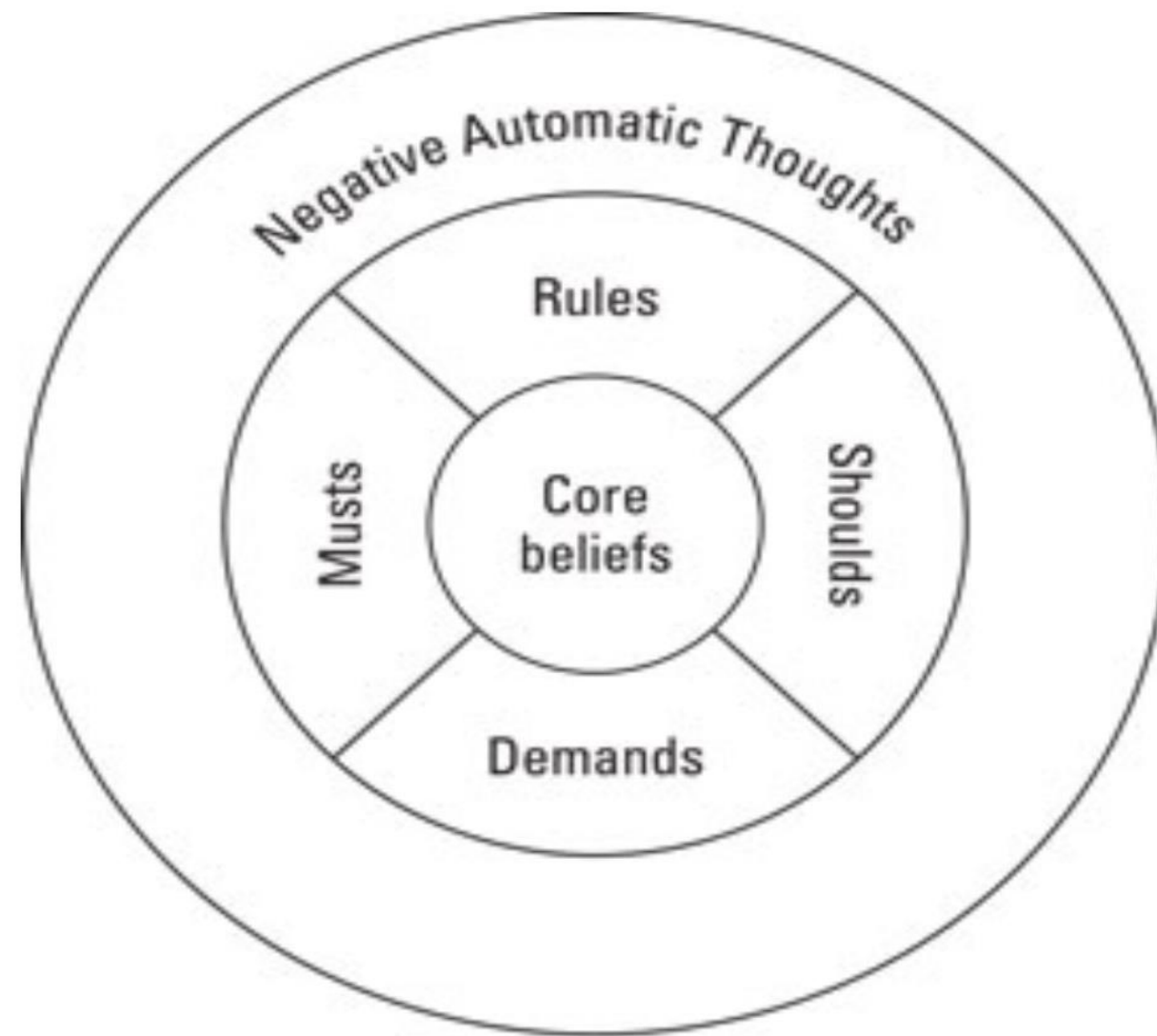


"I shouldn't cry."

"You never listen to me."

"She didn't say hello, she must hate me."





Core beliefs dashboard





All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

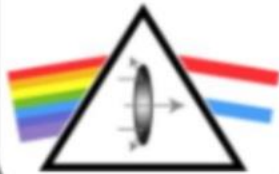
Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

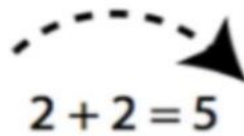
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important



1	Example
	You don't look like a model; you decide that you are ugly
	Your presentation is well received, but you noticed the typo in one of the slides and instead of enjoying the complements from your colleagues you are dwelling on the typo.
	You didn't apply for a job you liked because you are sure you will be rejected
	Your friend cancelled the meeting, you think that your friend lost interest in you.
	You had an argument with your partner, you think that your partner wants divorce

Mental Filter
All or nothing thinking
Overgeneralizing
Catastrophizing
Fortune telling
Mind reading



Practice to take home for Wednesday, the 26th of May

1 Bring to discussion point one of your unhelpful styles of thinking and how you are going to challenge it

2 Read lesson four Overview p-48-52

3 Watch video for lesson 4

5 Keep Reflective journal



