

## *Chapter 12: Helpful thinking strategies to reduce depression*

## *Chapter 14: Managing warning symptoms of hypomania or mania*

### *Overcoming unhelpful patterns of thinking: downloadable chart*

**Purpose of this chart:** To have a summary of your typical unhelpful thinking pattern along with more helpful responses that you can use when your unhelpful thinking occurs (pp. 151).

**Tips for using this chart:**

- You can use the Helpful Thought Summary chart (pp. 146) and unhealthy thinking styles in chapters 12 and 14 to assist you in getting to know your unhelpful patterns and useful responses
- Update and add new helpful responses as they arise.

### Negative thinking patterns

**My typical patterns of negative thinking are:**

**Helpful responses to remember are:**

## Thinking patterns when mood is becoming elevated

**My distorted thinking patterns when my mood is becoming elevated are:**

**Helpful responses to remember are:**