Worksheet: *Don't believe everything you think*:Tackling Thought Traps at Work for People with ADHD

Hello!

If you have ADHD, you might find yourself stuck in certain thought patterns that can make work challenging. Let's explore some common thought traps and learn how to tackle them together.

Common Thought Traps

1. All-or-Nothing Thinking

- **What it is:** Seeing things in black and white, with no room for gray areas.
- **Example:** "If I don't get this project done perfectly, I'm a failure."
- **Impact:** Can lead to procrastination and perfectionism.

Think About It:

- Recall a recent work situation where you thought in all-or-nothing terms.
- Write down what happened and your thoughts.
- What would a more balanced view be?

2. Negative Self-Talk

- **What it is:** Constantly criticizing and belittling yourself.
- **Example:** "I'm so stupid, I'll never be able to focus on this task."
- **Impact:** Can hurt your self-esteem and motivation.

Think About It:

- Remember a time when you engaged in negative self-talk.
- Write down those negative thoughts.
- Replace each one with a positive or neutral alternative.

3. Catastrophizing

- **What it is:** Assuming the worst possible outcome will happen, even without evidence.
- **Example:** "If I miss this deadline, I'm going to get fired."
- **Impact:** Can cause anxiety and stress.

Think About It:

- Recall a situation where you catastrophized.
- Write down your catastrophic thoughts.
- Challenge these thoughts by listing evidence against them.

4. Personalization

- **What it is:** Taking everything personally, even when it's not about you.
- **Example:** "My boss is mad at me because I made a mistake."
- **Impact:** Can strain relationships and make you feel isolated.

Think About It:

- Think of a recent time when you personalized a situation.
- Write down what happened and how you interpreted it personally.
- Consider other explanations for the situation.

5. Impatience

- **What it is:** Struggling with waiting and delayed gratification.
- **Impact:** Can lead to impulsiveness and trouble finishing tasks that require sustained attention.

Think About It:

- Identify a time when impatience affected your work.
- Write down the situation and your immediate reactions.
- Plan strategies for managing impatience in similar future situations.

How to Challenge Thought Traps

1. **Identify the Thought Trap:** Use the descriptions above to spot when you're falling into a thought trap.
2. **Reflect:** Use the reflection prompts to explore your thoughts and feelings.
3. **Challenge:** Develop more balanced and constructive thinking patterns by questioning the validity of your thoughts and considering other perspectives. Ask yourself, "Is this REALLY true?"

Wrapping Up

Don't believe everything you think. By regularly identifying and challenging thought traps, you can improve your performance and well-being at work. Use this worksheet to help you practice and develop healthier thinking habits.

Example Scenario

Situation: I made a mistake in my report, and my boss pointed it out.

- **All-or-Nothing Thinking:** "I made a mistake, so the whole report is useless, and she's a jerk"
  - **Balanced Perspective:** "One mistake doesn't ruin the entire report. I can fix it and learn from this."
- **Negative Self-Talk:** "I'm so stupid for making that mistake."
  - **Positive Alternative:** "Everyone makes mistakes. I'll be more careful next time."
- **Catastrophizing:** "My boss will think I'm incompetent and fire me."

- **Evidence Against:** "My boss gave constructive feedback, which means they want me to improve, not that they're going to fire me."
- **Personalization:** "My boss is mad at me because of the mistake."
  - **Alternative Explanation:** "My boss might be stressed about deadlines and it's not about me personally."
- **Impatience:** "I can't wait to finish this report; I just want to be done."
  - **Strategy:** "I'll take a short break and then focus on completing one section at a time."

Feel free to use and revisit this worksheet whenever you need to tackle thought traps at work. You've got this!