

Module Addressing negative thoughts

Dealing with procrastination and negative thoughts related to ADHD

- ▶ Table 1: Record different determinants of a situation with procrastination in the columns below. Note down the (basic) emotions you have experienced: anger, fear, happiness, sadness, disgust and surprise in the column 'emotions'.
- ▶ Table 2: Note down the automatic thoughts that often emerge.
- ▶ Table 3: Write down strategies to interrupt the vicious circle.

Situation	Thought	Emotion	Behavior	Consequence
				<u>Short term</u> <u>Long term</u>
				<u>Short term</u> <u>Long term</u>
				<u>Short term</u> <u>Long term</u>
				<u>Short term</u> <u>Long term</u>
				<u>Short term</u> <u>Long term</u>

Common thinking errors

Consider the common thinking errors listed in the table and write down a personal example in the right column.

Thinking error	Description	Personal example
Overgeneralization	Coming to a general conclusion based on a single situation	
Black-and-white-thinking	Placing people or situations in extreme categories	
Catastrophizing	Expecting extremely negative consequences	
Minimization	Lessening the importance of a situation	
Selective attention	Focusing on one detail out of all aspects of a situation	
Jumping to conclusions	Making assumptions about others' thoughts or beliefs without any proof	
Personalization	The belief that a situation is a personal reaction to the person or seeing oneself as the cause of an external event	

Restructuring thoughts related to substance use

- ▶ Identify common automatic thoughts related to substance use, based on the functional analysis.
- ▶ Note down the automatic thoughts that often emerge.
- ▶ Write down more functional thoughts related to substance use.

Automatic thoughts related to substance use
A. Rationalizing
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More functional thoughts:
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B. Beliefs that substance use is uncontrollable
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More functional thoughts:
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C. Positive expectations of substance use
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More functional thoughts:
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