

All-Or-Nothing Thinking Reflection Sheet

A recent thought where I saw something as either all good or all bad was...

Write down the black-and-white thought. Examples: "I messed up, so I've failed," or "If I can't do it perfectly, there's no point."

What triggered this thought?

Think about what led up to it—was it a small mistake, feedback, a plan that changed, or an internal pressure to be perfect?

What's a more balanced or compassionate way I could view this?

Try to soften the language. For example: "I had a setback, but I still made progress." or "Some of it went well, even if not everything did."

A phrase I can come back to when I notice all-or-nothing thinking is...

Examples: "Progress, not perfection." or "This isn't black or white—there's a middle."