FORM 5.6.

Challenging False Dichotomies

Sometimes we use all-or-nothing thinking that creates false dichotomies. Examples of this type of thinking are, "I'm either a winner or a loser," or "I always get rejected." In the left-hand column below, write down some examples of your all-or-nothing thinking (your false dichotomies). In the middle column, write down examples of when this thinking is not true. In the right-hand column, rewrite your negative black-and-white statement by saying something positive as well as negative—for example, "Sometimes I do well and sometimes I don't do well." If your negative thinking concerns a choice ("It's either *A* or *B*"), then come up with at least one alternative.

Example of all-or-nothing thinking (false dichotomy)	**Examples of when this thinking is not true**	**"Sometimes I . . ."**

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