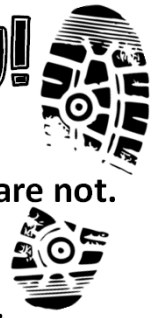# Stomp Out Exaggerated Thinking!

Exaggerated thinking is closely related to thinking the worst. It happens when thoughts become over exaggerated and are not necessarily true, or at least parts are not. It is important to stomp out and replace exaggerated thoughts with more realistic thoughts. Exaggerated thinking is not productive. Acknowledge when exaggerated thoughts occur, and replace the thoughts with supportive and realistic thinking to ensure it becomes a habit.

Task 1:

Look at the example and determine what the exaggerated thinking is and then replace the thinking with productive thoughts/strategies.

I'm such a clumsy goof. I'll never be good at anything. No point even trying, it won't get be anywhere and I'll just make myself look more stupid and get laughed at. I'll never be on a team, I'll always be clumsy!

Identify the exaggerations, provide productive thinking statements and strategies:

Task 2:

Consider yourself, think of a time you were worried and anxious, what exaggerated thinking did you do? Was it helpful? What can you do moving forward?