STINKING THINKING TEMPLATE

1. What event, situation, or circumstance triggered your stinking thinking, tactic, or trance?

2. What was your stinking thought, or tactic?

   Examples of Negative Thoughts (stinking thinking):
   - That’s too hard.
   - I can’t do that.
   - I’m not ready.
   - That’s too much.
   - I’ll do it later.
   - That’s too far.
   - I don’t need it.
   - I’ve done that.
   - I don’t have time.
   - I don’t have enough money.
   - I’m tired.
   - I can’t.

3. What was the trance or schema that got triggered?

4. Name 3 other instances in your life where this stinking thinking has come up.

5. What are the feelings you experienced?
   - Fear
   - Hurt
   - Anger
   - Sadness
   - Joy

Name: __________________    Date: ________________
6. Identify some of the mistaken beliefs that may have triggered your stinking thinking.

   *Examples of Mistaken Beliefs:*
   
   - I am not enough, not good enough.
   - I’m too much.
   - I’m alone and on my own.
   - I am not loveable.
   - I’m not okay.
   - I have to earn love.
   - I have something wrong with me.
   - I don’t matter.
   - My feelings/emotions are bad.
   - There is no support for me.
   - The world is an uncaring place.
   - People are out to get me.
   - The world is dangerous.
   - There are not enough resources (time, money) to go around.
   - There is not enough love to go around.

7. What is the deeper yearning underneath the mistaken belief(s)?

   *Examples of yearning:*
   
   - I yearn to matter.
   - I yearn to make a difference.
   - I yearn to be seen.
   - I yearn to be heard.
   - I yearn to be known.
   - I yearn to connect with others.

8. What’s the positive intention/secondary gain/function of these tactics?
STINKING THINKING TEMPLATE

Yearnings continued...

To be secure
• To exist
• To be safe, to be secure
• To connect, to bond
• To trust
• To be separate, have an identity
• To influence
• To excel
• To fulfill my potential

To love & care for, respond to others
• To care for
• To nurture
• To love
• To care for
• To nurture
• To love

To relate, see and be seen, know and be known, connect
• To be seen, heard, known, and understood
• To see, hear, & know others
• To touch & be touched
• To feel “felt”
• To empathize
• To be seen, heard, known, and understood
• To see, hear, & know others
• To touch & be touched
• To feel “felt”
• To empathize

To have a sense of mattering
• To matter
• To be valued and to value
• To contribute
• To do what I came here on Earth to do
• To make a difference
• To please God
• To fulfill my purpose
• To unfold my destiny

To exchange and be connected with others
• To belong
• To connect
• To matter
• To be close
• To communicate with others
• To commune with others
• To make deep contact with another
• To be intimate

To have my existence appreciated
• To love and be loved
• To be affirmed, appreciated
• To be cared for
• To be respected
• To be connected to something greater

To express my essence, sense of self, potential
• To express
• To experience fully
• To learn, grow, develop
• To create
• To be connected to something greater than myself
• To feel connected to the greater whole
• To be one with all
• To know God or the creator for union with all that is
STINKING THINKING TEMPLATE

9. What are alternative ways you could meet your deeper yearning?

10. What supportive, creative, generative, positive thoughts could you have thought in that situation?

   Examples of Positive Thoughts:
   
   That’s challenging, but I’m willing to engage in the challenge.
   
   I’ve never done that before, but I’m willing to give it a try.
   
   I am afraid, but I’m willing to go for it anyway.
   
   This is tough, but it’s not insurmountable.
   
   I need to apply myself now because putting it off is just an excuse.
   
   I haven’t made the time but I can choose to.
   
   I don’t have an immediate solution for how to afford it, but if I intend it I can make it happen.
   
   This happens from time to time, but I can get this done on time.
   
   I wonder what he meant by that. I’ll ask him.
   
   My contributions count in the big picture.
   
   I feel upset, but that doesn’t make me a bad person.
   
   I didn’t do that sooner, but I can learn from that mistake.

11. What If/Then’s could you implement?

12. Should this go into a Heart of the Fight Template?
STINKING THINKING CATEGORIES

1. Overgeneralization: you view a negative event as a never-ending pattern
   a. all or nothing: you look at things in the absolute ... black white... no gray
   b. Magnification: you blow things out of proportion
   c. can’t/Won’t - Helpless/Hopeless
   d. always/never

2. Jumping to conclusions/Irrational conclusions: you conclude that things are bad without any evidence
   a. mind reading: you assume that people are reacting negatively to you
   b. Fortune telling: you predict that things will turn out badly
   c. projection: Attributing to others things I am feeling inside
   d. mental Filter: you dwell on the negatives and ignore the positives
   e. prejudice: You avoid the facts by deciding ahead of time.
   f. Discounting the positives: you insist that your accomplishments or positives do not count
   g. magical thinking
   h. Helpless/Hopeless

3. Emotional reasoning: you reason from how you feel (Ex. “I feel stupid therefore I must be.”) and fail to reality test.

4. Should statements: you criticize yourself or others with “should”, “shouldn’t”, “must”, “ought”, and “have to”

5. Blame/shame - blame yourself for something you weren’t entirely responsible for or you blame others and overlook that you contributed
   a. labeling: instead of saying “I made a mistake”, you tell yourself “I am a loser”, “I am stupid”, “I am a jerk”

6. Looped thinking - Obsession/perseveration

Source: Revised from Daytop