

Flexible Thinking Builder

Transforming Rigid Thoughts into Balanced Perspectives

What Is Flexible Thinking?

Flexible thinking means being able to:

- See more than one perspective
- Adapt your thoughts to new information
- Move away from rigid, extreme thinking

It helps reduce the impact of cognitive distortions (unhelpful thinking patterns).

Common Rigid Thinking Patterns

- All-or-Nothing Thinking
 - Catastrophizing
 - Mind Reading
 - Overgeneralization
 - Filtering (focusing only on the negative)
 - Personalization
 - “Should” Statements
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What Happened?

Describe the situation:

Identify the Rigid Thought

What was your initial thought?

Spot the Thinking Pattern

Which cognitive distortion is showing up?

- All-or-Nothing
- Catastrophizing
- Mind Reading
- Overgeneralization
- Filtering
- Personalization
- "Should" Thinking
- Other: _____

How Is This Thought Rigid?

Check what applies:

- It's extreme (all or nothing)
- It ignores other possibilities
- It assumes the worst
- It feels absolute or final
- It lacks evidence

Open Up the Perspective

Ask yourself:

- What are other possible explanations?

- What might I be missing?

- Is there a middle ground?

Build a Flexible Thought

Turn your rigid thought into something more balanced:

Instead of:

Try:

Find the Middle Ground

Rate your situation on a scale:

0 (very negative) ————— 10 (very positive)

Where does it realistically fall? ____ / 10

Why?

Choose a Flexible Response

With this new way of thinking...

How would you feel?

What would you do differently?

Reflection

What did you notice about your thinking?

You don't have to see things as all good or all bad. Flexibility in thinking creates clarity, calm, and better choices.

“Stay open. Stay balanced.”
