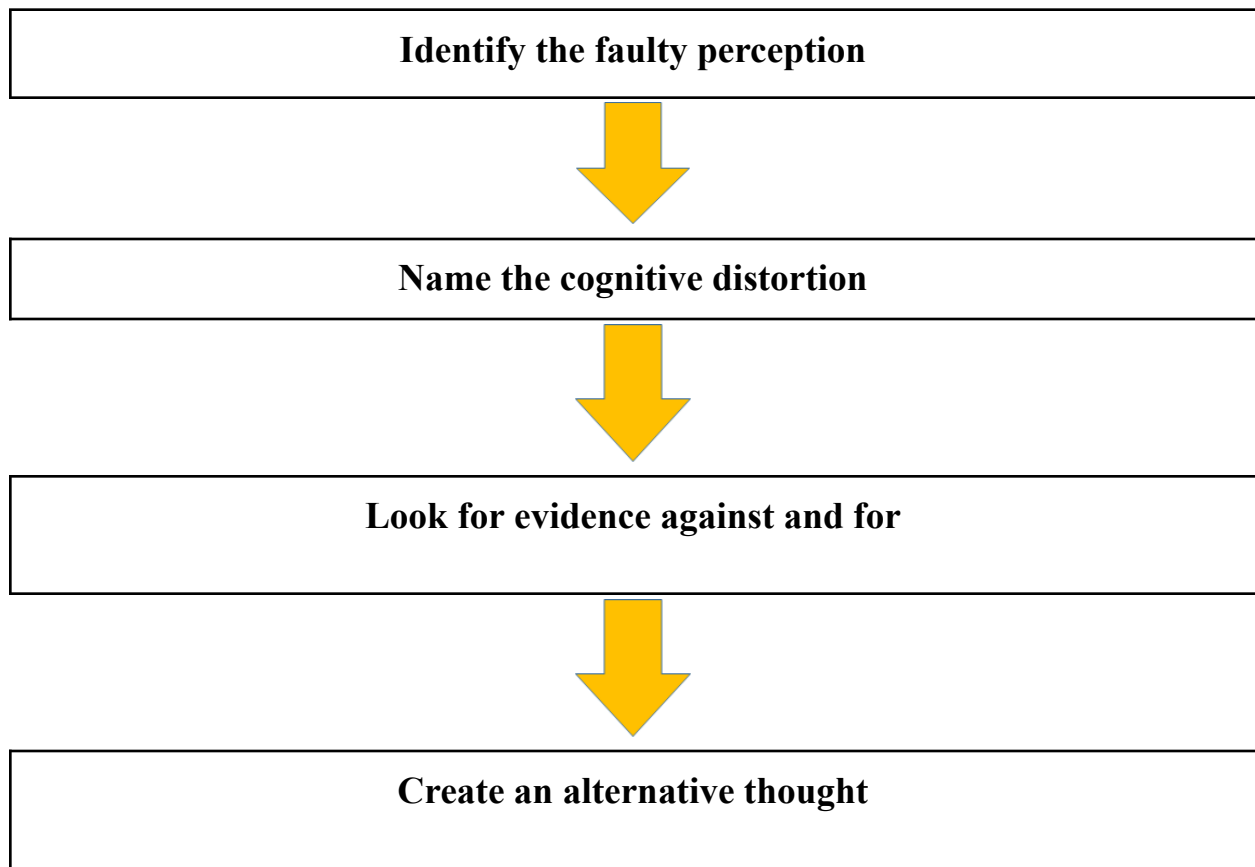


## CBT Black and White Thinking Worksheet

Following are the faulty thinking patterns:

1. Characteristics of Black and White Thinking Pattern:  
Dichotomous thinking pattern with a binary way of thinking.
2. It is a judgemental way of thinking
3. You can't tolerate anything less than perfect





**Keep repeating the alternate though**

## References

[Beck, A. T. \(1963\). Thinking and depression: I. Idiosyncratic content and cognitive distortions. \*Archives of General Psychiatry\*, 9\(4\), 324-333.](#)

[Krantz, S., & Hammen, C. L. \(1979\). Assessment of cognitive bias in depression. \*Journal of Abnormal Psychology\*, 88\(6\), 611.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.