

Magnification & Minimization

Worksheet to help understand unhelpful thinking styles.

Magnification

Magnification means we magnify or enlarge the importance of unimportant events. A spilled glass of milk could become not just an annoying mess to clean up but a cause for a meltdown. A small mistake at work could make you think you'll get fired out of the blue.

Can you think of a time you were magnifying things? Describe the situation:

What thoughts went through your mind at the time?

What feelings did you experience because of this way of thinking?

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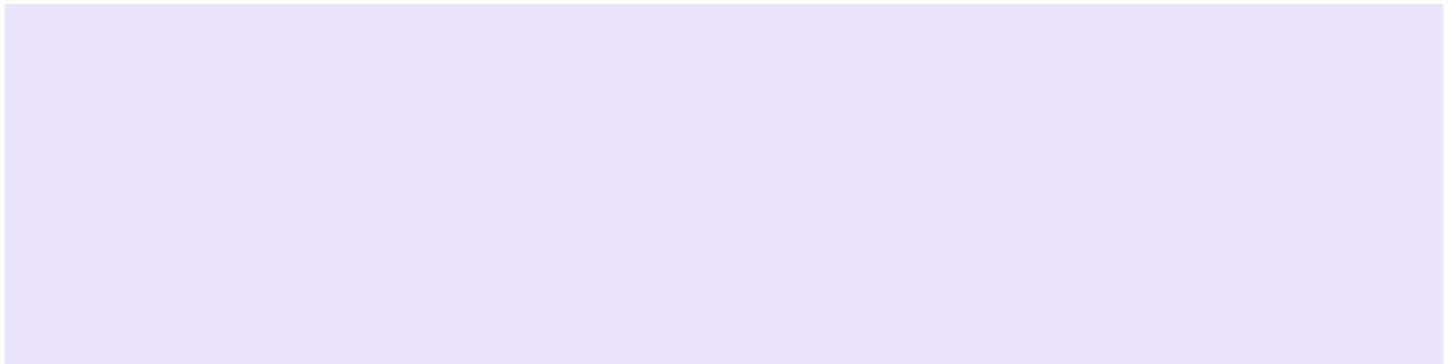
Minimization

Minimization is when we downplay events – usually positive ones. After getting a perfect score on a test, you might say, “That doesn’t count. I just got lucky.” By watering down or disregarding positive experiences, you can try so hard to be humble that you put yourself down.

Can you think of a time you were minimizing things? Describe the situation:



What thoughts went through your mind at the time?



What feelings did you experience because of this way of thinking?

