

Think of situations where you felt emotionally stuck or trapped in extremes. Use dialectical thinking to create space for complexity.

PART 1. SPOTTING ALL-OR-NOTHING THOUGHTS

Start by writing down rigid, black-or-white thoughts you notice in yourself.

| Rigid Thought | What Makes It Extreme |
|---------------|-----------------------|
|               |                       |
|               |                       |
|               |                       |
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PART 2. REFRAMING WITH BOTH/AND

Practice shifting those rigid thoughts into **Both/And statements**.

| Old Thought                             | Both/And Reframe                              |
|-----------------------------------------|-----------------------------------------------|
| “I failed, so I’m worthless.”           | “I failed AND I still have value.”            |
| “They upset me, so they must not care.” | “They upset me AND they still care about me.” |
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