

Generalized Anxiety Disorder (GAD)

Cognitive Thinking Patterns for GAD: Check boxes that you relate to.

Catastrophizing:	Imagining and believing in the worst-case scenario.	
Negative Predictions:	Worrying about the future. Anticipating potential problems. Thinking, planning and preparing for negative outcome.	
Perfectionism:	Strong desire for things to be perfect, fear of making mistakes, or falling short of expectations.	
Overthinking:	Ruminations on worries, repetitive thinking patterns trying to find a solution but unable.	
All or Nothing Thinking	Black or white thinking, all good or all bad, all in or all out.	
Overgeneralization:	Apply beliefs across the board, it will always be, I will never be, everybody, nobody thinking.	
Overestimating Risk:	Over-evaluating risk, it seems worse, percentage of absolute risk is higher than norm.	
Intolerance to Uncertainty:	Thinking and worrying about the endless unknowns.	
Driving thoughts to control others or outcome:	Thinking about what others should do, need to do.	
Over planning:	Considering all possibilities, constant check lists, attention to details beyond what is necessary.	