

## Descriptive / Evaluative Thoughts

Some thoughts are descriptive; objectively describing facts or material characteristics that can be observed using our five senses. Other thoughts are evaluative; subjectively reflecting feelings, opinions or judgements. Getting caught up in negative evaluative thoughts can lead to emotional distress and behavioural avoidance. Cognitive therapy involves catching, checking, changing or defusing from negative evaluative thoughts.

Using the statements below, practise separating descriptive from evaluative thoughts:

Statement	Descriptive	Evaluative
1. I can feel my pulse when exercising	<input type="checkbox"/>	<input type="checkbox"/>
2. I am weak or ineffective	<input type="checkbox"/>	<input type="checkbox"/>
3. I can notice my thoughts and feelings	<input type="checkbox"/>	<input type="checkbox"/>
4. My life is a disaster	<input type="checkbox"/>	<input type="checkbox"/>
5. I'm not attractive or intelligent	<input type="checkbox"/>	<input type="checkbox"/>
6. I have a negative personality	<input type="checkbox"/>	<input type="checkbox"/>
7. People don't like me	<input type="checkbox"/>	<input type="checkbox"/>
8. I am a failure	<input type="checkbox"/>	<input type="checkbox"/>
9. I'm selfish	<input type="checkbox"/>	<input type="checkbox"/>
10. I can't cope with uncertainty	<input type="checkbox"/>	<input type="checkbox"/>
11. I'm lazy	<input type="checkbox"/>	<input type="checkbox"/>
12. I am a useless parent / partner	<input type="checkbox"/>	<input type="checkbox"/>
13. I can sometimes notice uncomfortable feelings	<input type="checkbox"/>	<input type="checkbox"/>
14. My mood influences my behaviour	<input type="checkbox"/>	<input type="checkbox"/>
15. No-one will ever love me	<input type="checkbox"/>	<input type="checkbox"/>
16. I can't stand feeling distressed	<input type="checkbox"/>	<input type="checkbox"/>
17. I am a bad person	<input type="checkbox"/>	<input type="checkbox"/>
18. I sometimes struggle with negative thoughts	<input type="checkbox"/>	<input type="checkbox"/>
19. I can't cope with difficult things	<input type="checkbox"/>	<input type="checkbox"/>
20. I am feeling anxious, sad or angry	<input type="checkbox"/>	<input type="checkbox"/>

**There are six possible descriptive thoughts. Did you find them?**