

ALL OR NOTHING

Noticing the extremes, and finding a more balanced middle ground.

ALL

Do everything or it doesn't count.

What does the "all" side look like for you?
(e.g. thoughts, behaviours, situations)

NOTHING

If it's not all, it's not worth doing.

What does the "nothing" side look like for you?
(e.g. thoughts, behaviours, situations)



YOUR PATTERN

When do you notice yourself swinging between these two extremes? How does this pattern affect you?