

Mental Models Worksheet

Instructions:

Below, are examples of 'self-talk' that you might encounter for each type of Mental Model. Using the 1-5 rating scale below, indicate how often you find yourself using each of the following 'self-talk' examples: **1=Never/ 2=Infrequently/ 3=Sometimes/ 4=Frequently/ 5=Most of the time**

1. Failure is a sign of weakness.	1	2	3	4	5
2. I've got to get it right.	1	2	3	4	5
3. I just don't want to get found out.	1	2	3	4	5
4. I must never give up. Giving up is not an option.	1	2	3	4	5
5. If I don't work harder, I'll fail.	1	2	3	4	5
6. I'm not where I should be. I'm not good enough.	1	2	3	4	5
7. I am my work.	1	2	3	4	5
8. It's important to please others.	1	2	3	4	5
9. I want people to think the best of me.	1	2	3	4	5
10. Asking for help means I'm incompetent.	1	2	3	4	5
11. If I want something done right, I've got to do it myself	1	2	3	4	5
12. I should be able to handle things myself.	1	2	3	4	5
13. There's no excuse for being wrong.	1	2	3	4	5
14. I need to know everything.	1	2	3	4	5
15. I'm expected to always be on top of my game.	1	2	3	4	5
16. I just feel better if I'm in control.	1	2	3	4	5
17. If I'm all over it, mistakes don't happen.	1	2	3	4	5
18. Criticism means I'm not 'cutting it'.	1	2	3	4	5
19. I should always have a "can do" attitude.	1	2	3	4	5
20. I do not belong here.	1	2	3	4	5

Look at those areas that you scored 4s and 5s. Could any of these mental models benefit from being reframed?