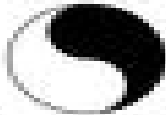


Unhelpful Thinking Styles

All or nothing thinking



Sometimes called black and white thinking.
If I'm not perfect I have failed
Either it's a right or not at all

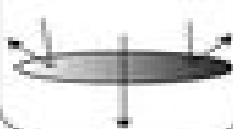
Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly linked in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.
Focusing our failures but not seeing our successes

Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

"That doesn't count"

Jumping to conclusions



$2 + 2 = 5$

There are two key types of jumping to conclusions:
- **Mind reading**
(imagining we know what others are thinking)
- **Fortune telling**
(predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

"I feel embarrassed so I must be an idiot"

should
must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

"I'm a loser"
"I'm completely useless"
"They're such an idiot"

Personalisation

"this is my fault"

Blaming yourself taking responsibility for something that wasn't completely your fault. Conversely blaming other people for something that was your fault.