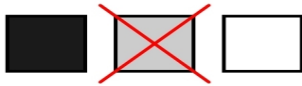


UNHELPFUL THINKING STYLES

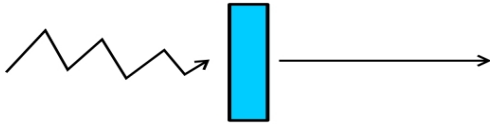
Sometimes called 'black and white thinking'
If I'm not perfect I have failed Either I do it right or not at all



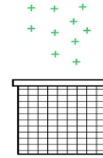
Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw



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



Discounting the good things that have happened or that you have done for some reason or another
That doesn't count



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

$$2 + 2 = 5$$

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

SHOULD!
MUST!

Assuming that because we feel a certain way what we think must be true.
I feel embarrassed so I must be an idiot

this $\xrightarrow{\text{must be}}$ that

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

THIS IS MY FAULT!