

# Unhelpful Thinking Styles

## All or nothing thinking



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

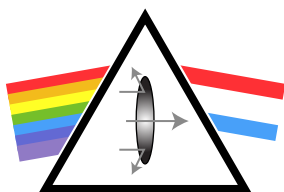
*Either I do it right or not at all*

## Over-generalising



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

## Mental filter



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

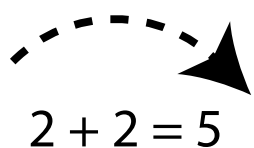
## Disqualifying the positive



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

*That doesn't count*

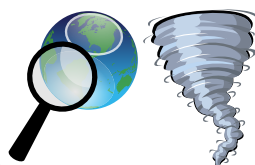
## Jumping to conclusions



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

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

## must

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