Unhelpful Thinking Styles

Feeling stressed? Thoughts like these do NOT help...

**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 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**
- Blaming yourself or taking responsibility for something that wasn’t completely your fault.
- Conversely, blaming other people for something that was your fault.