



Here are some common 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.*

Mental filter

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

Jumping to Conclusions

Mind reading (imagining we know what others are thinking) or fortune telling (predicting the future)

Emotional Reasoning

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



Labelling

Assigning labels to ourselves or other people. *I'm a loser. I'm completely useless. They're such an idiot.*

Over-generalising

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

Magnification (catastrophising) and minimisation

Blowing things out of proportion or shrinking something to be less important than it is

Shoulds/Musts

Using critical words like "should", "must", or "ought" can make us feel guilty and that we have already failed.

Personalisation

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming others for something that was your fault.

UNHELPFUL THINKING STYLES

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Over the years, we tend to get into unhelpful thinking habits such as those described below. We might favour some over others, and there might be some that seem far too familiar. Once you can identify your unhelpful thinking styles, you can start to notice them – they very often occur just before and during distressing situations. Once you can notice them, then that can help you to challenge or distance yourself from those thoughts, and see the situation in a different and more helpful way.



As a man thinks, so is he. Proverbs 23:7