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

- \[2 + 2 = 5\]

**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

**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

- "everything is always rubbish"
- "nothing good ever happens"

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

- That doesn’t count

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

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

"this is my fault"

**should**
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