Unhelpful Thinking Styles

All or nothing thinking

Sometimes called 'black and white thinking'.

If I'm not perfect I have failed.
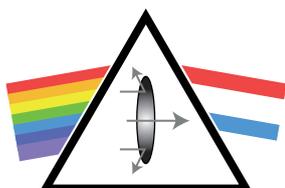
Either I do it right or not at all.

Over-generalising

"everything is always rubbish."

"nothing good ever happens."

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.
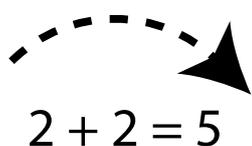
Noticing our failures but not seeing our successes.

Disqualifying the positive

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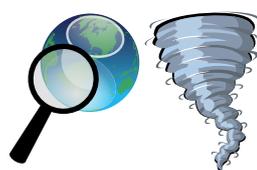
That doesn't count

Jumping to conclusions

$2 + 2 = 5$

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

STUPID

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.

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Unhelpful Thinking Styles

	All or nothing thinking	Thinking in extremes. For example, something is either 100% good or bad.
	Catastrophising	Jumping to the worst possible conclusion.
"everything is always rubbish" *"nothing good ever happens"*	**Over-generalizing**	Seeing a pattern based upon a single event.
	Mental filter	Only paying attention to certain types of evidence *("that doesn't count")*.
	Disqualifying the positive	Discounting positive information or twisting a positive into a negative.
2 + 2 = 5	**Jumping to conclusions**	Mind reading or predicting the future.
"I can't stand it."	**Low frustration tolerance**	Saying things like "this is too difficult", "this is unbearable" or "I can't stand it".
	Minimisation	Discounting the importance of something.
	Emotional reasoning	Assuming that because we feel a certain way our hunch must be true.
SHOULD MUST	**Demands**	Using words like 'should', 'must', and 'ought'.
STUPID	**Labelling**	Assigning labels to ourselves or others *("I'm rubbish")*.
"this is my fault."	**Personalisation**	Taking too much or too little responsibility.

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