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*

- **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

- **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*

- **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”*

- **Disqualifying the negative**
  - 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

- **Over-paying attention**
  - *Noticing our failures but not seeing our successes*

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

- **Blaming**
  - 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”*

PSYCHOLOGYTOOLS

http://psychology.tools