

# Unhelpful Thinking Styles

## All or nothing thinking

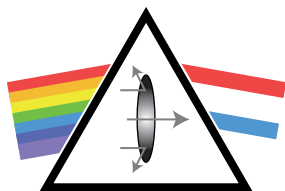


Sometimes called 'black and white thinking'.

*If I'm not perfect I have failed.*

*Either I do it right or not at all.*

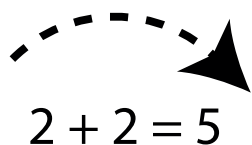
## Mental filter



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).

## 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.*

## Labeling



Assigning labels to ourselves or other people.

*I'm a loser.*

*I'm completely useless.*

*They're such an idiot.*

## Over-generalizing

*"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.

## 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 (catastrophizing) & minimization



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important.

# 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.











## Personalization

*"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.

# Unhelpful Thinking Styles

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