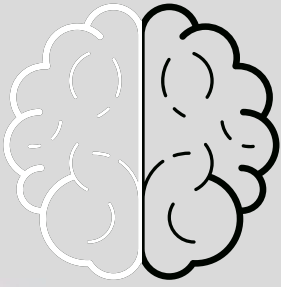


Unhelpful Thinking Styles



All or Nothing Thinking

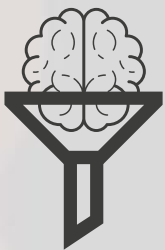
Sometimes called
'black and white'
thinking

'It is either perfect or a failure.'



Over-Generalising
Drawing broad
conclusions or seeing a
pattern based on a
single event.

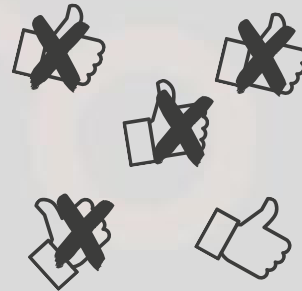
'Everything is always rubbish.'



Mental Filter

Only paying attention
to some evidence and
ignoring other
evidence.

*Only noticing failure
and not success.*



Disqualifying the Positive

Finding reasons that
the good things that
happen shouldn't
count.

*'I did well because I
was lucky that time.'*



.....

$2+2=5$

Jumping to Conclusions

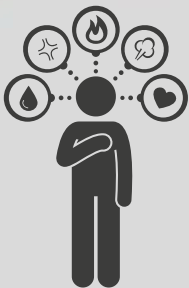
We imagine we know
what others are
thinking or that we can
predict the future.

*'My teacher thinks I am
useless.'*



**Catastrophising (and
minimising)**
Blowing things out of
proportion or reducing
the importance of
something.

*'I got a B on my last
test, it is a disaster.'*



Emotional Reasoning

Using our emotional
states to to add
certainty to our
thoughts.

*'I feel embarrassed so I
must be a failure.'*



Should, Must, Ought
Using these sorts of
words make us feel
guilty and like we have
already failed.

*'I should do more
revision'*



Labelling

Assigning labels to
ourselves or other
people.

*'I am stupid and
useless.'*



Personalisation
Blaming yourself for
something that was
not your fault (at least
not completely).

'It is all my fault'