

Thinking Patterns

10 common thinking patterns

All-or-Nothing Thinking:

Seeing things in black-and-white categories, without recognizing the shades of gray or middle ground

Example: Believing that if you're not perfect at a task, you're a complete failure.

Over Generalization

Making broad, sweeping conclusions based on a single incident or piece of evidence.

Example: You have a disagreement with a friend and exchanged tense words. Instead of recognizing that the disagreement was a one-time argument, you think "She has never cared about my feelings or supports me".

Mental Filter

Focusing exclusively on negative aspects while ignoring positive ones.

Example: Receiving positive feedback on a project but dwelling on one critical comment.

Discounting the Positive

Downplaying or dismissing positive experiences or achievements.

Example: Achieving a personal goal but attributing it to luck rather than acknowledging your efforts.

Jumping to Conclusions

Making negative predictions about the future without adequate evidence.

Example: Assuming someone dislikes you without any concrete proof or communication.

Magnification

Exaggerating the importance of negative events or minimizing the significance of positive ones.

Example: Blowing a small mistake out of proportion and believing it will ruin your entire career.

Emotional Reasoning

Believing that because you feel a certain way, it must be true.

Example: Feeling anxious about a social event and concluding that something bad will happen (e.g., panic attack).

Should Statements

Imposing rigid and unrealistic rules on oneself or others, leading to feelings of guilt or frustration.

Example: Thinking, "I should always be productive," which can create stress when downtime is needed.

Labeling

Assigning global and negative labels to oneself or others based on specific behaviors.

Example: Making a mistake and labeling yourself as a "complete failure" rather than acknowledging it as a specific error.

Personalization and Blame

Taking excessive responsibility for events, whether positive or negative, or blaming external factors.

Example: Blaming yourself for a team project failure, even if it was due to factors beyond your control.

