

Unhelpful Thinking Types

As humans, we all have irrational thoughts, (i.e., cognitive distortions) that can typically fall into these 10 unhelpful thinking types.

Try noticing which thinking types you experience most frequently.

Disqualifying the Positive

Dismiss or minimize good things

That's nothing- anyone can do it.

You're just being nice.

I only got the promotion because the boss felt sorry for me.



All-Or-Nothing Thinking

(AKA black-and-white thinking)

If it's not perfect, it's a failure.

I either give it my all or not at all.

I'm either happy or sad.



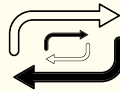
Overgeneralizing

(AKA "always or never" thinking)

Nobody likes me.

Bad things always happen to me.

I'm never going to be successful.



"Should" Statements

Often unrealistic expectations

I should never ask for help.

I should never let anyone down.

I should be happy all the time.



Mental Filter

Focusing on (-), ignoring (+)

Great day at work, but made one mistake → Focus on that one mistake all day

Receive invite to party → Focus on not knowing anyone else at party



Emotional Reasoning

Assume that emotions accurately reflect reality

Feel guilty → Assume I am bad

Feel anxious at work → Assume I will perform poorly



Magnification & Minimization

(catastrophizing)

- Make minor issues → larger ones
- Downplay importance of things

Conflict → You tell yourself that it's the end of the world

Do good → You tell yourself that it was nothing



Jumping to Conclusions

Judgments that lack all the info

- 1) Mind read: Imagine knowing what others are thinking
- 2) Fortune Tell: Predict the future

You see your friend talking to someone → Assume they're talking about you



Labelling

Assigning labels based on singular event or behavior

What a jerk!

I'm an idiot.

He's a failure.



Personalization

Taking the blame for something that wasn't your fault

Blaming others for something that was your fault

Receive complaint → Feel at fault for other's dissatisfaction

