

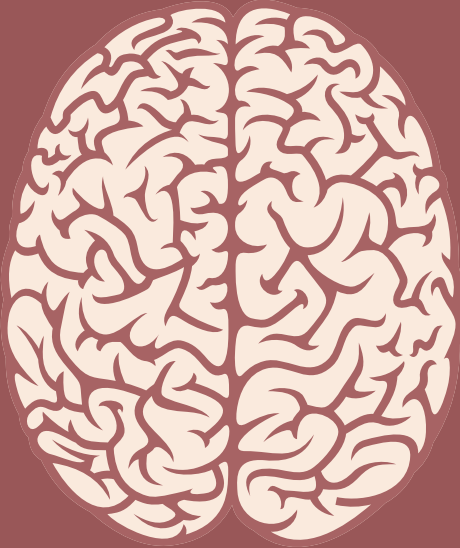


## Unhelpful Thinking Styles

Uncovering habitual and unconscious thinking biases to help reduce emotional distress and balance your thinking.

### Mental Filter

Focusing on only one aspect of a situation (often negative) while overlooking others (positive), creating tunnel vision.



### Emotional Reasoning

Assessing situations through the lens of your current emotion, where your emotions are interpreted as fact.

### Jumping to Conclusions

Assuming we know what will happen, without evidence to support it.

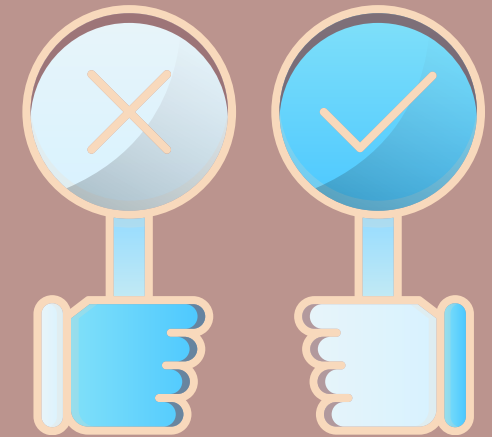
**Mind reading:** Assuming we know what someone else is thinking or what their rationale is behind their behaviour.

**Predictive thinking:** Predicting outcomes usually overestimating negative emotions or experiences.



### All or Nothing

Absolute thinking where one focuses on an extreme and ignores the other. There is no in-between.



### Personalisation

Blaming yourself unnecessarily for external negative events.

### Labelling

Using sweeping, negative statements to describe yourself or others.

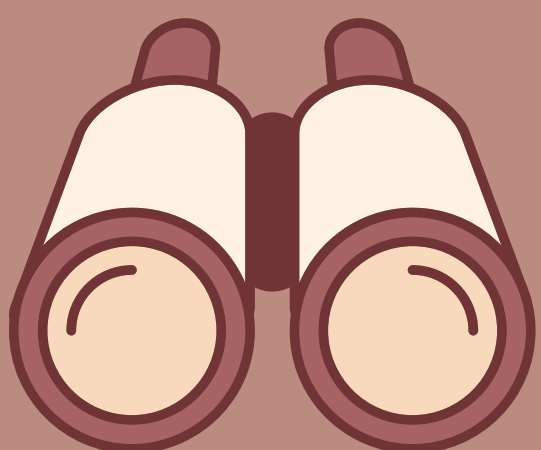
### Overgeneralising

Interpreting a single, negative event as the norm, or enduring pattern.



### Catastrophising

Exaggerating a situation in the negative.



### Magnification and Minimisation

Magnifying the positives in others, while discounting your own.

### Should-have and Must-have Statements

Putting unreasonable expectations on oneself.