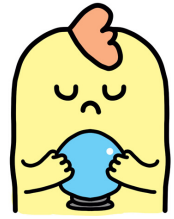


# Unhelpful Thinking

Unhelpful and negative thinking habits can lead to negative feelings without us even noticing. The first step in changing negative thoughts to more positive ones is to become more aware of what we think. Everyone has unhelpful thoughts sometimes but it's when they happen all of the time that they can have a negative impact on our mental health.

Which unhelpful thoughts do you recognise?



## predictions



I make negative predictions about what might happen in the future even though I have no way of knowing this.



## judgements



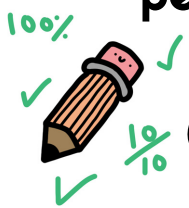
I make judgements about things even though there is no evidence or facts to back this up.



## catastrophising



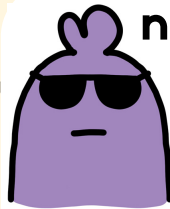
I always think that the worst thing or that something really bad is going to happen.



## perfectionist



I put a lot of pressure on myself to do well and set unrealistically high expectations for myself.



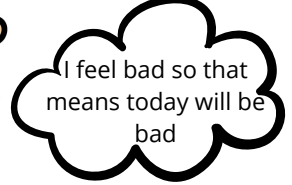
## negative glasses



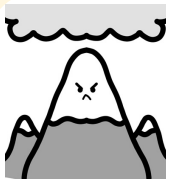
When I have my negative glasses on, I only see the bad things and don't notice any of the good things.



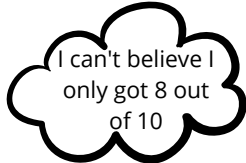
## feelings



If I notice negative feelings in myself or by body, I automatically think that it means something bad is happening.



## mountains & molehills



I tend to take more notice of the negative things in a situation and down play the positive things.



## memories



Some things trigger my negative memories which makes me think something bad will happen again now.



## black & white thoughts



I usually think things are either really good or really bad with nothing in between.



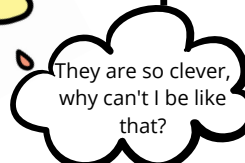
## mind reading



I assume I know what other people are thinking and this is usually negative things about me.



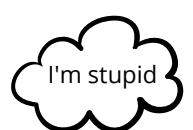
## compare & despair



I notice positive things about other people but then compare myself negatively to them.



## self critical



I am very critical of my own abilities and about myself.