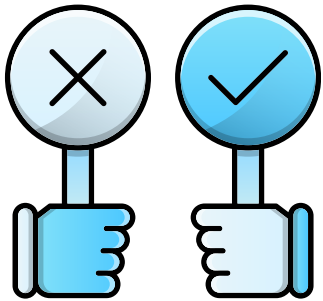
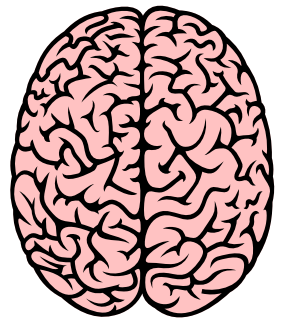


# UNHELPFUL THINKING STYLES

AUTOMATIC, BIASED MENTAL SHORTCUTS

## MENTAL FILTER

FOCUSING ON ONLY ONE ASPECT OF A SITUATION (OFTEN NEGATIVE) WHILE OVERLOOKING OTHERS (POSITIVE).



## ALL OR NOTHING

ABSOLUTE THINKING FOCUSING ON EXTREMES. THERE IS NO IN-BETWEEN.

## EMOTIONAL REASONING

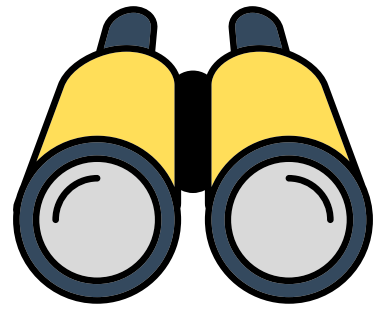
INTERPRETING CURRENT EMOTIONS AS FACT.

## CATASTROPHISING

EXAGGERATING A SITUATION IN THE NEGATIVE.

## MAGNIFICATION AND MINIMISATION

MAGNIFYING THE POSITIVES IN OTHERS, WHILE MINIMISING YOUR OWN.



## JUMPING TO CONCLUSIONS

MIND READING:  
ASSUMING WE KNOW  
SOMEONE ELSE'S  
THOUGHTS OR MOTIVES.



PREDICTIVE THINKING:  
OVERESTIMATING  
NEGATIVE EMOTIONS OR  
OUTCOMES.

## LABELLING

USING SWEEPING, NEGATIVE STATEMENTS TO DESCRIBE YOURSELF OR OTHERS.

## PERSONALISATION

BLAMING YOURSELF UNNECESSARILY FOR EXTERNAL NEGATIVE EVENTS.



## OVERGENERALISING

INTERPRETING A SINGLE, NEGATIVE EVENT AS THE NORM, OR ENDURING PATTERN.

## SHOULD-HAVE AND MUST-HAVE STATEMENTS

PUTTING UNREASONABLE EXPECTATIONS ON ONESELF.