

# Unhelpful Thinking Styles

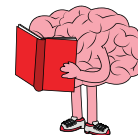
## **MENTAL FILTER**

WHEN WE NOTICE ONLY WHAT THE FILTER ALLOWS US TO NOTICE, AND WE DISMISS ANYTHING THAT DOESN'T 'FIT'. SO WE MAY ONLY FOCUS ON THE NEGATIVE STUFF, WHILST ANYTHING MORE POSITIVE OR REALISTIC IS SIEVED, IGNORED, DISMISSED OR WE MAKE EXCUSES FOR.



## **MIND-READING**

ASSUMING WE KNOW WHAT OTHERS ARE THINKING (USUALLY ABOUT US)



## **PREDICTION**

BELIEVING WE KNOW WHAT'S GOING TO HAPPEN IN THE FUTURE



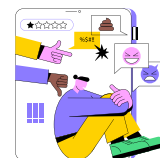
## **COMPARE AND DESPAIR**

CHOOSING TO SEE ONLY THE GOOD AND POSITIVE IN OTHERS, AND COMPARING OURSELVES AGAINST THEM



## **CRITICAL SELF**

PUTTING OURSELVES DOWN, SELF-CRITICISM, THINKING IT IS OUR FAULT FOR EVENTS OR SITUATIONS THAT ARE NOT ALWAYS OUR RESPONSIBILITY



## **SHOULD AND MUSTS**

THINKING OR SAYING 'I SHOULD' (OR SHOULDN'T) AND 'I MUST' PUTTING PRESSURE ON OURSELVES AND SETTING UNREALISTIC EXPECTATIONS



## **CATASTROPHISING**

IMAGINING AND BELIEVING THAT THE WORST POSSIBLE THING WILL HAPPEN



## **EMOTIONAL REASONING**

I FEEL BAD SO IT MUST BE BAD! I FEEL ANXIOUS SO I MUST BE IN DANGER



## **MOUNTAINS AND MOLEHILLS**

EXAGGERATING THE RISK OF DANGER, OR THE NEGATIVES. WHILST MINIMISING THE POSITIVES OR THE ODDS OF A ALTERNATIVE ENDING



## **BLACK AND WHITE THINKING**

BELIEVING THAT SOMETHING OR SOMEONE CAN BE ONLY GOOD OR BAD, RIGHT OR WRONG, RATHER THAN ANYTHING IN-BETWEEN OR 'SHADES OF GREY'



## **JUDGEMENTS**

MAKING JUDGEMENTS ABOUT EVENTS, OURSELVES, OTHERS, RATHER THAN WHAT WE SEE AND HAVE EVIDENCE FOR



## **MEMORIES**

CURRENT SITUATIONS AND EVENTS CAN TRIGGER PAST MEMORIES, LEADING US TO BELIEVE THAT THE DANGER IS HERE AND NOW

