UNHELPFUL THINKING
HOW WE CAN NEGATIVELY DISTORT OUR EXPERIENCES

The language we use in everyday life both represents and impacts how we experience our world. We attempt to capture thoughts, ideas and to describe what we see around us using words - even if these are unspoken thoughts. Some of these thoughts can have a negative impact on our beliefs about ourselves, others and the world.

Below is a list of the most common thinking errors - put a star next to the ones that you do - set yourself the task of watching your language and recognising when you are using unhelpful thinking and how you can change it.
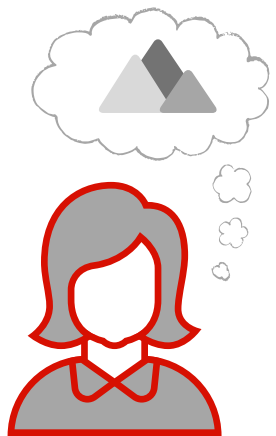
Catastrophising
Making a mountain out of a molehill by believing that something is a complete disaster when this may not be the case. Eg. breaking up with a partner and then thinking you will never find a partner again.

Overgeneralising
Making general negative conclusions based on one example or incident. Eg. burning dinner once and deciding that you're a terrible cook based on that single example.

All-or-Nothing Thinking
Thinking in extremes or extreme possibilites and neglecting the more likely middle ground. Eg. stumbling over a few words when giving a presentation and then thinking the whole thing was a mess.

Black or White Thinking
Believing that if something isn't absolutely perfect, we think of it as a complete failure. Eg. thinking that "people either love me or hate me".

Jumping to Conclusions
Making a judgement and assuming its right with little or no evidence or facts to support it. Eg. waving to a friend you see across the street who doesn't wave back and assuming they are upset with you, when they may have not seen you.

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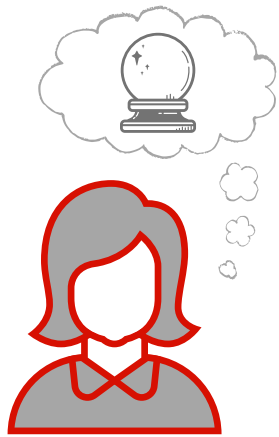## HOW WE CAN NEGATIVELY DISTORT OUR EXPERIENCES

IGNITE YOUR TALENT
COACHING
CURRENT YOU | FUTURE YOU | TRANSFORM YOU

Mind-Reading
aAssuming that you know what other people are thinking, or guessing their opinion without actually asking them about it. Eg. going to a party and assuming a person you're talking to thinks you're boring when they are just shy.

Predicting the Future
Assuming that there will be a negative outcome to an event before the event has even occurred. Eg. deciding the entire evening is going to be a disaster when your date is 5 minutes late.

Emotional Reasoning
Assuming that because you feel a certain way about something then it must be true. Eg. waking up in the middle of the night feeling very anxious, only to decide that something must be terribly wrong when you may simply have been dreaming.
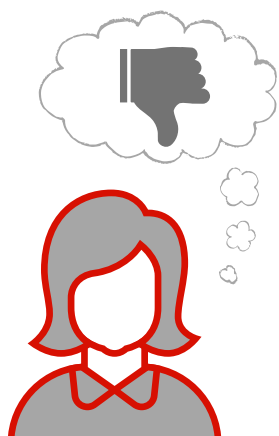
Labelling
Rating yourself or others with labels based on a situation or incident. Eg. labelling yourself a failure when you burn the dinner.

Word Prisons
Having rules about how you or others 'should', 'must' or 'have to' behave, and making judgements based on these rules. Eg. feeling guilty for getting angry with loved ones by thinking you shouldn't be angry with people you care about.
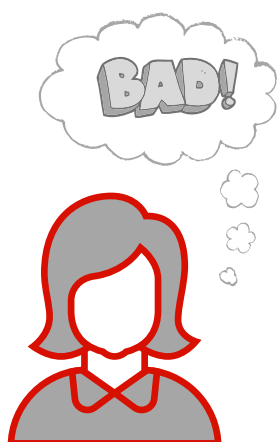
Negative Filter
Seeing only the bad in something or dwelling on negative events instead of positive ones. Explaining away positives for no reason or down to luck. Eg. after not being successful in an interview, focusing solely on not getting a job instead of giving yourself credit for coming so far in the recruitment process.
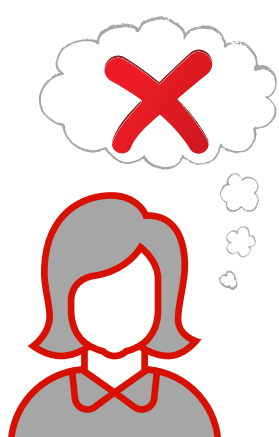
Low Frustration Tolerance
Assuming that something is intolerable or impossible because it is difficult. Eg. deciding never to do another presentation after being so nervous during the last one you did.