

Unhelpful Thinking Styles

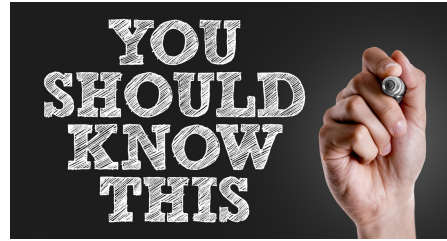
Jumping to conclusions:

When we assume that we know what someone else is thinking (mind reading) or make predictions about what will happen in the future (fortune telling).



"Should" or "must" thinking:

This is when we put unreasonable and inflexible pressure on ourselves or others.



Overgeneralization:

When we take one instance and generalize it across many or all situations.

Mental filter:

When we focus on only one aspect of a situation or certain information while ignoring other information. Similar to magnification & minimization.



Negative labels:

When we label ourselves or others negatively.

Catastrophising:

When we assume the worst will occur or view things out of proportion by framing the situation as absolutely "awful", "terrible" or "the worst".



Emotional reasoning:

When we frame our view of something based on how we are feeling. For example, if I am feeling uneasy, then I assume something bad will happen.



Personalization:

When we assume another person's behaviour is about us or when we blame ourselves for something that goes wrong when we are either not responsible or only partially responsible.



All or nothing thinking:

When we see things in black or white terms, meaning we only see one extreme or the other. With this type of thinking, we leave no room for "gray."

