Unhelpful Thinking Styles

**All or nothing thinking**
- Sometimes called ‘black and white thinking’
- If I’m not perfect I have failed
- Either I do it right or not at all

**Over-generalizing**
- Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

**Mental filter**
- Only paying attention to certain types of evidence
- Noticing our failures but not seeing our successes

**Jumping to conclusions**
- There are two key types of jumping to conclusions:
  - Mind reading (imagining we know what others are thinking)
  - Fortune telling (predicting the future)

**Disqualifying the positive**
- Discounting the good things that have happened or that you have done for some reason or another
- That doesn’t count

**Emotional reasoning**
- Assuming that because we feel a certain way what we think must be true
- I feel embarrassed so I must be an idiot

**Magnification (catastrophising) & minimization**
- Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

**Labelling**
- Assigning labels to ourselves or other people
- I’m a loser
- I’m completely useless
- They’re such an idiot

**Personalization**
- Blaming yourself or taking responsibility for something that wasn’t completely your fault
- Conversely, blaming other people for something that was your fault

**Over-thinking**
- Using critical words like ‘should’, ‘must’, or ‘ought’ can make us feel guilty, or like we have already failed
- If we apply ‘shoulds’ to other people the result is often frustration