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

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)

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

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

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

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

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

Personalisation
“this is my fault”
Blaming yourself or taking responsibility for something that wasn’t completely your fault. Conversely, blaming other people for something that was your fault.

should
must
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