**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

- **Over-generalising**
  - **“everything is always rubbish”**
  - **“nothing good ever happens”**

- **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)
  - \(2 + 2 = 5\)

- **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