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)

2 + 2 = 5

**Over-generalising**

“Everything is always rubbish”

“Nothing good ever happens”

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

**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

**Over-generalising**

**Magnification (catastrophising) & minimisation**

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

**Jumping to conclusions**

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

**Disqualifying the positive**

**Emotional reasoning**

**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.