

Unhelpful Thinking Styles

Mind Reading

Assuming you know what others are thinking e.g. "He thinks I'm a loser"



Fortune Telling

Predicting the future negatively e.g. "I'll fail that exam"



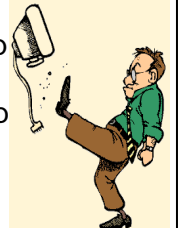
Catastrophising

Believing that what has happened or will happen will be so awful e.g. "It would be terrible if I fail"



Low frustration tolerance

Getting worked up over small issues and then giving up e.g. "It's just too hard, what's the point"



Discounting positives

Thinking that the positive things you or others do are trivial e.g. "That was easy, so it doesn't matter"



Regret orientation

Focussing on the idea that you could have done better in the past, rather on what you can do better now e.g. "I shouldn't have said that"



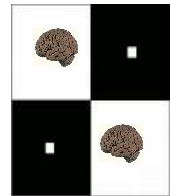
Overgeneralising

Perceiving a global pattern of negatives on the basis of a single incident e.g. "This generally happens to me"



Black or white thinking

Viewing events or people in all or nothing terms e.g. "I'm rejected by everyone"



Demands

Interpreting events in terms of how things should be or must be e.g. "I must do well; life should be fair"



Unfair Comparisons

Having unrealistic standards and comparing yourself to others e.g. "She's more successful than me"



Blaming vs personalising

Taking no responsibility and blaming others OR completely blaming yourself e.g. "The marriage ended because I failed"



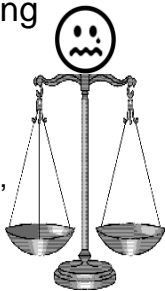
Labelling

Assigning global negative labels to yourself and others e.g. "I'm unlovable"



Emotional reasoning

Letting your feelings guide your interpretation of reality e.g. "I feel bad, therefore, my relationship isn't working out"



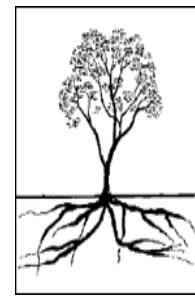
What if?

Asking a series of questions about 'what if' something happens and you fail to be satisfied with any of the answers e.g. "What if I get anxious"



Inability to disconfirm

Rejecting any evidence as irrelevant that might contradict your negative thought e.g. "That's not the real issue, there are deeper problems"



Mental filtering

Focussing on the negatives and rarely noticing the positives e.g. "Look at all the people who don't like me"

