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

**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

**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.

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