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

**Over-generalizing**

- Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw
- “nothing good ever happens”

**Mental filter**

- Only paying attention to certain types of evidence.
- Noticing our failures but not seeing our successes

**Disqualifying the positive**

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

**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)
- $2 + 2 = 5$

**Magnification (catastrophizing) & minimization**

- Blowing things out of proportion (catastrophizing), 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

**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

**Labeling**

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

**Personalization**

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