

## Unhelpful Thinking Habits

Over the years, we tend to get into unhelpful thinking habits such as those described below. We might favour some over others, and there might be some that seem far too familiar. Once you can identify your unhelpful thinking styles, you can start to notice them – they very often occur just before and during distressing situations. Once you can notice them, then that can help you to challenge or distance yourself from those thoughts, and see the situation in a different and more helpful way.



### All or Nothing Thinking

Believe that something can only be good or bad, right or wrong, black or white, and forgetting about everything in between like 'shades of grey'.



### Mental Filter

Only paying attention to certain types of evidence. Noticing our failures but not seeing our successes. Like looking through dark blinkers or 'gloomy specs'



### Mind Reading

Assuming that we know what others are thinking (usually about us)



### Catastrophising & Fortune Telling

Predicting the future and imagining the worst possible outcome will happen.



### Overgeneralising

Seeing a pattern based on one single event. Saying 'nothing ever goes my way' or 'everything is always rubbish'



### Disqualifying the Positives

Discounting the good things that have happened because the 'don't count'. Minimising our successes.



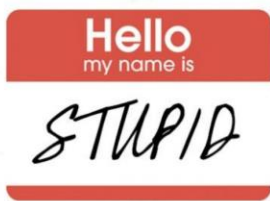
### Emotional Reasoning

Assuming that because we feel a certain way that we think that it is true. Using our feelings as information. 'I feel anxious so something bad must be happening'



### Shoulds & Musts

Using critical words like 'should', 'must' or 'ought' puts pressure on ourselves and sets unrealistic expectations.



### Labelling

Assigning labels to ourselves or other people. Using phrases such as 'I'm an idiot', 'I'm a loser', 'They are useless'.



### Personalisation

Taking responsibility or blaming yourself or taking responsibility for something that wasn't 100% your fault. Or blaming other people for something that was your fault.