



# unhelpful thinking styles

## catastrophising

Blowing things out of proportion. We view the situation as terrible or disastrous, even though the problem is quite small.

## black & white thinking

All or nothing thinking - thinking in extremes.

*"I can't cope"*  
*"Something is going to go wrong"*

## over generalisation

Making broad interpretations from single events.

*"I got a C in that test, I am so dumb"*

## mind reading

Guessing what others are thinking without evidence.

*"They won't talk to me because they probably think I am ugly"*

## should statements

The belief that things should be a certain way. Often sentences starting with 'I should'.

*"I should be better at school", "I should be a better friend"*

## disqualifying the positive

Identifying negatives in events and ignoring the positives. You might receive many positives in your assessment feedback, but only focus on the one negative comment.

## fortune telling

Anticipating future events to be negative or turn out badly without evidence.

## Personalisation

The belief that you are responsible for events outside of your control.

*"My friend is upset. She wouldn't be upset if I wasn't such a bad friend"*