



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"