

## 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

*"everything is always rubbish"*  
*"nothing good ever happens"*

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

### Mental filter



Only paying attention to certain types of evidence

*Noticing our failures but not seeing our successes*

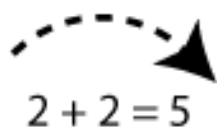
### Disqualifying the positive



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)

### Magnification (catastrophising) & minimization



Blowing things out of proportion (catastrophising), 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

### Labelling



Assigning labels to ourselves or other people

*I'm a loser*  
*I'm completely useless*  
*They're such an idiot*

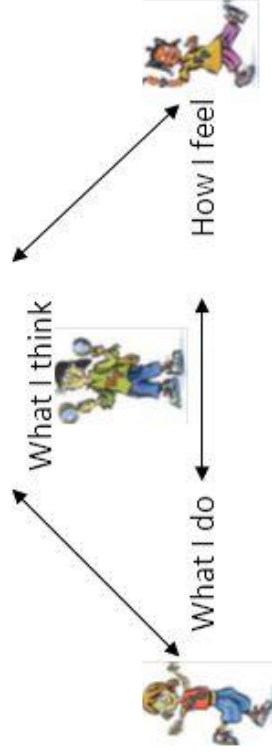
### Personalization

**"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

# TAKING CONTROL OF MYSELF



## CONTROLLING MY THOUGHTS

- 1) Distract my brain
- 2) Absorbing Activities
- 3) Coping/Positive Self-Talk
- 4) Thought Stopping
- 5) Turn Volume Down on negative thoughts
- 6) Throw Away / Lock Up negative thoughts



## CONTROLLING MY BODY & FEELINGS

- 1) Physical Relaxation
- 2) Physical Exercise
- 3) Controlled Breathing
- 4) Calming Pictures / Visualization
- 5) Relaxing Activity



## CONTROLLING MY BEHAVIOR

- 1) STOP
- 2) PLAN
- 3) GO

**Resource:** *Think Good-Feel Good* by Paul Stallard