

UNHELPFUL THINKING PATTERNS

The way you think about things has a significant impact on the way you feel about yourself, your life and the world. Noticing these thought patterns is the first step towards seeing things slightly differently, in a more balanced, fair and self-compassionate way, which can in turn improve how you feel. Do you recognise any of these?

ALL OR NOTHING THINKING



Thinking in **EXTREMES**. For example, everything is either 100% good or 100% bad



MENTAL FILTER



Only paying attention to certain types of evidence (i.e. "that doesn't count")



JUMPING TO CONCLUSIONS



Mind reading or predicting the future



EMOTIONAL REASONING



Assuming that because we feel a certain way it must be true



LABELING



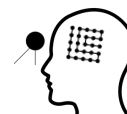
Assigning labels to ourselves or others (i.e. "I am dumb")



OVERGENERALIZING



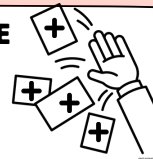
Seeing patterns based on single event



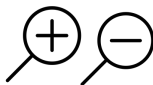
DISQUALIFYING THE POSITIVE



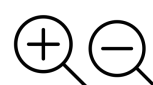
Discounting positive information or twisting a positive into a negative



MAGNIFICATION (CATASTROPHIZING) & MINIMIZATION



Jumping to the worst possible conclusion or discounting the significance of something



SHOULD-ING / MUST-ING



Using words like "should", "must" and "ought"



PERSONALIZATION



Blaming yourself or taking too much or too little responsibility by blaming others

