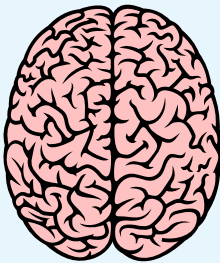


UNHELPFUL THINKING STYLES

UNCOVERING HABITUAL AND UNCONSCIOUS THINKING BIASES TO HELP REDUCE EMOTIONAL DISTRESS AND BALANCE YOUR THINKING.

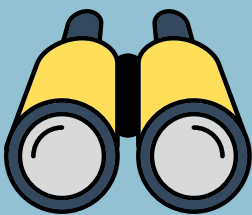
MENTAL FILTER

FOCUSING ON ONLY ONE ASPECT OF A SITUATION (OFTEN NEGATIVE) WHILE OVERLOOKING OTHERS (POSITIVE), CREATING TUNNEL VISION.



CATASTROPHIZING

EXAGGERATING A SITUATION IN THE NEGATIVE.



MAGNIFICATION AND MINIMIZATION

MAGNIFYING THE POSITIVES IN OTHERS, WHILE DISCOUNTING YOUR OWN.

EMOTIONAL REASONING

ASSESSING SITUATIONS THROUGH THE LENS OF YOUR CURRENT EMOTION, WHERE YOUR EMOTIONS ARE INTERPRETED AS FACT.

JUMPING TO CONCLUSIONS

ASSUMING WE KNOW WHAT WILL HAPPEN, WITHOUT EVIDENCE TO SUPPORT IT. TWO TYPES:

MIND READING: ASSUMING WE KNOW WHAT SOMEONE ELSE IS THINKING OR WHAT THEIR RATIONALE IS BEHIND THEIR BEHAVIOUR.

PREDICTIVE THINKING: PREDICTING OUTCOMES USUALLY OVERESTIMATING NEGATIVE EMOTIONS OR EXPERIENCES.

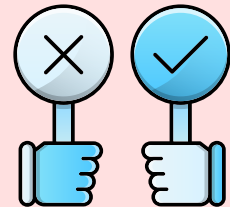


SHOULD-HAVE AND MUST-HAVE STATEMENTS

PUTTING UNREASONABLE EXPECTATIONS ON ONESELF.

ALL OR NOTHING

ABSOLUTE THINKING WHERE ONE FOCUSES ON AN EXTREME AND IGNORES THE OTHER. THERE IS NO IN-BETWEEN.



PERSONALIZATION

BLAMING YOURSELF UNNECESSARILY FOR EXTERNAL NEGATIVE EVENTS.

LABELLING

USING SWEEPING, NEGATIVE STATEMENTS TO DESCRIBE YOURSELF OR OTHERS.

OVERGENERALIZING

INTERPRETING A SINGLE, NEGATIVE EVENT AS THE NORM, OR ENDURING PATTERN.

