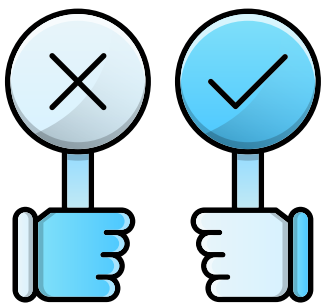
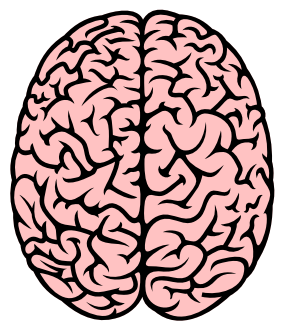


UNHELPFUL THINKING STYLES

AUTOMATIC, BIASED MENTAL SHORTCUTS

MENTAL FILTER

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



ALL OR NOTHING

ABSOLUTE THINKING FOCUSING ON EXTREMES. THERE IS NO IN-BETWEEN.

EMOTIONAL REASONING

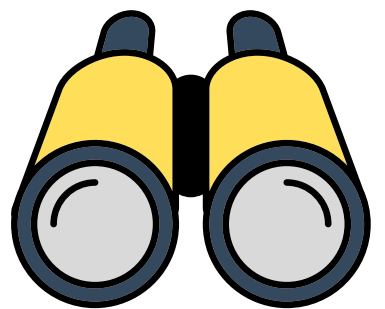
INTERPRETING CURRENT EMOTIONS AS FACT.

CATASTROPHISING

EXAGGERATING A SITUATION IN THE NEGATIVE.

MAGNIFICATION AND MINIMISATION

MAGNIFYING THE POSITIVES IN OTHERS, WHILE MINIMISING YOUR OWN.



JUMPING TO CONCLUSIONS

MIND READING:
ASSUMING WE KNOW
SOMEONE ELSE'S
THOUGHTS OR MOTIVES.



PREDICTIVE THINKING:
OVERESTIMATING
NEGATIVE EMOTIONS OR
OUTCOMES.

LABELLING

USING SWEEPING, NEGATIVE STATEMENTS TO DESCRIBE YOURSELF OR OTHERS.

PERSONALISATION

BLAMING YOURSELF UNNECESSARILY FOR EXTERNAL NEGATIVE EVENTS.



OVERGENERALISING

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

SHOULD-HAVE AND MUST-HAVE STATEMENTS

PUTTING UNREASONABLE EXPECTATIONS ON ONESELF.