

UNHELPFUL THINKING STYLES:

1

HOW DO THE POSITIVES OUTWEIGH THE NEGATIVES IN THIS INSTANCE?

MENTAL FILTERING

THE TENDENCY TO FOCUS ON NEGATIVE EVENTS WHILE NEGLECTING THE POSITIVES.

2

WHAT IF THERE IS ANOTHER EXPLANATION FOR THIS?

JUMPING TO CONCLUSIONS

THE TENDENCY TO MAKE IRRATIONAL ASSUMPTIONS ABOUT PEOPLE AND CIRCUMSTANCES.

3

WHO OR WHAT ELSE COULD HAVE PLAYED A PART IN THIS?

PERSONALIZATION

THE TENDENCY TO TAKE THE BLAME FOR ABSOLUTELY EVERYTHING THAT GOES WRONG IN YOUR LIFE.

4

HOW MANY DIFFERENT WAYS COULD OTHER PEOPLE INTERPRET THIS?

BLACK AND WHITE THINKING

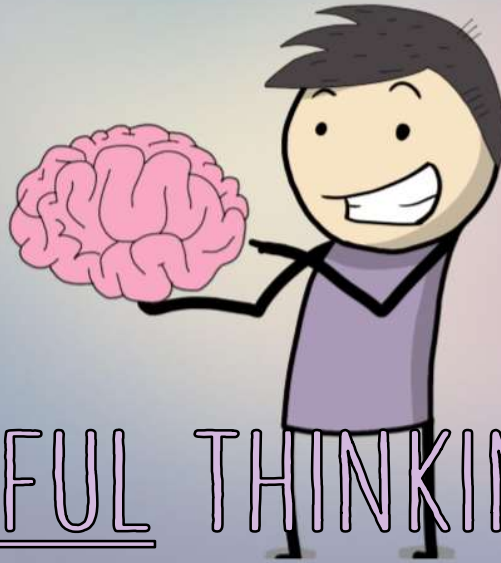
THE TENDENCY TO SEE THINGS AS ALL-OR-NOTHING. THINGS ARE EITHER GOOD OR BAD, RIGHT OR WRONG.

5

WHAT IF THINGS AREN'T AS BAD AS I MAKE THEM OUT TO BE?

CATASTROPHIZING

THE TENDENCY TO BLOW CIRCUMSTANCES OUT OF PROPORTION BY MAKING PROBLEMS LARGER THAN LIFE.



UNHELPFUL THINKING STYLES:

WHAT EVIDENCE SUGGESTS THAT THINGS COULD NOW BE DIFFERENT?

6

OVERGENERALIZING

THE TENDENCY TO MAKE BROAD GENERALIZATIONS BASED UPON A SINGLE EVENT AND MINIMAL EVIDENCE.

WHERE'S THE EVIDENCE THAT THIS IS TRUE IN ALL SITUATIONS?

7

LABELING

THE TENDENCY TO MAKE GLOBAL STATEMENTS ABOUT YOURSELF OR OTHERS BASED UPON SITUATION SPECIFIC BEHAVIOR.

MUST THINGS BE THIS WAY?
IS THERE ANOTHER WAY TO DO THIS?

8

SHOULDING AND MUSTING

THE TENDENCY TO MAKE UNREALISTIC AND UNREASONABLE DEMANDS ON YOURSELF OR OTHERS.

WHAT EVIDENCE SUGGESTS THAT HOW I'M SEEING THIS ISN'T ACCURATE?

9

EMOTIONAL REASONING

THE TENDENCY TO INTERPRET YOUR EXPERIENCE BASED UPON HOW YOU'RE FEELING IN THE MOMENT.

WHAT IF I BELIEVED THAT I WAS DESERVING AND CAPABLE?

10

MAGNIFICATION AND MINIMIZATION

THE TENDENCY TO MAGNIFY THE POSITIVE ATTRIBUTES OF ANOTHER, WHILE MINIMIZING YOUR OWN.