Therapy Care
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Unhelpful thinking styles

When something upsets us, our thinking can be pulled out of shape and become *narrow* or *unfair.* These are some of the patterns people notice most often. Spotting your own is the first step towards changing them.

All-or-nothing thinking



Seeing only the two ends, with no middle.

"One mistake and the whole day is ruined."

"If it isn't brilliant, it's worthless."

Overgeneralising



Taking one thing that happened and deciding it's how things always go.

"This always happens to me."

Mental filter



Letting the bad details in and leaving the rest out.

"Nine people liked it, but one didn't."

Disqualifying the positive



Finding a reason why the good things don't matter.

"Anyone could have done that."

Jumping to conclusions



Being sure without checking.

Mind reading: deciding what someone else has in mind.

Fortune telling: deciding how it will all turn out.

Magnifying (catastrophising) and minimising



Making a problem look huge, or making something that matters, like your own strengths, look tiny.

Emotional reasoning



Taking a feeling as proof.

"I feel guilty, so I must have done something bad."

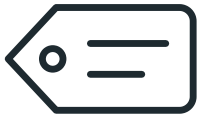
Should and must



Strict rules for yourself can leave you feeling guilty, or never good enough.

Strict rules for others can leave you annoyed or let down.

Labelling



Summing up a whole person in one harsh word.

"I'm a failure."

"They're so selfish."

Personalising



Taking the blame for something that wasn't all down to you.

Or putting it all on someone else when some of it was yours.