

# Unhelpful Thoughts



## All-or-Nothing

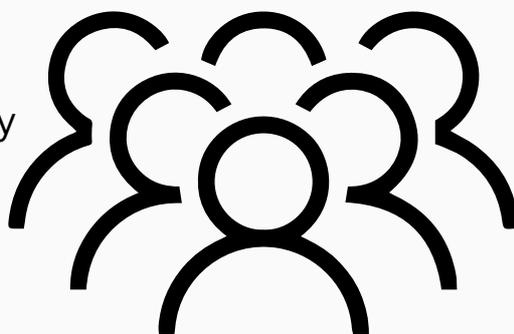
Only seeing one side, or another, and having no middle ground or grey area.

Example: "I woke up late so today will be awful"

## Overgeneralising

Saying the words like - Everyone, every time, nothing, never.

Example: "Nothing ever goes right"



## Negative Filter

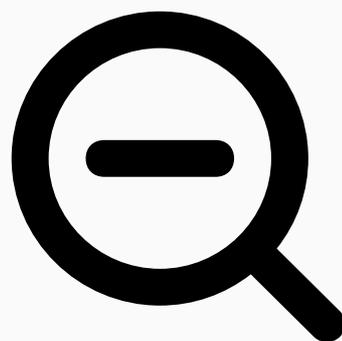
Our emotions are negative, so therefore we think negatively.

Example: "I came second place, that's not first place though"

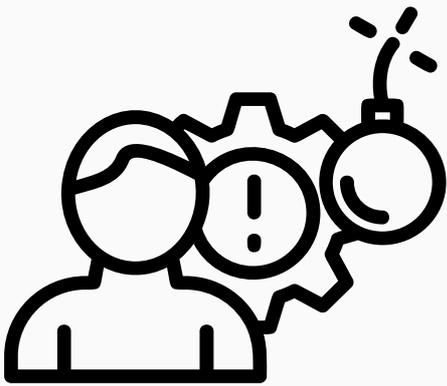
## Minimising

Diminishing the positives that occur, because they are outweighed by the negatives.

Example: "I came first place but I made so many mistakes"



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## Catastrophising

Expecting the worst outcome from a situation.

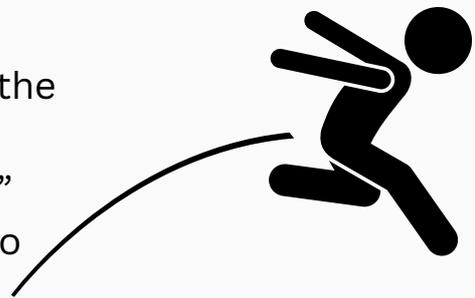
Example: "I made a mistake today, I'm going to lose my job and become homeless"

## Jumping to Conclusions

Mindreading other people *or* predicting the future based off of the past.

Example 1: "They must think I'm awful"

Example 2: "My relationship is bound to end"



## Guilty Thinking

Using words such as - should, must, ought to, to incite guilt and pressure.

Example: "I should be a better parent"

## Personalising

Taking the blame for a situation that actually wasn't any fault of your own.

Example: "It must be my fault they were late for the train".



