

**Unhelpful Thinking Patterns**

Pattern	What it is	Instead think...
<b>Black and White thinking</b>	Thinking in terms of all or nothing, one extreme to the other. Viewing a situation as “black and white” without seeing the shades of gray in the middle.	e.g. Problems don’t always have a solution, sometimes you need to wait and watch how the situations unfolds before finding a solution
<b>‘Should’ statements</b>	Setting unrealistic expectations and living by fixed inflexible rules. Living by “shoulds” “musts” and “ought to” often leads to disappointment & guilt when you fail and feeling angry with others who don’t live by your “shoulds”	e.g. I <del>should</del> <i>want to</i> study, they <del>should</del> <i>can</i> be nicer, <i>I want them to</i> they <del>should</del> be quiet.
<b>Selective Negative Thinking (Glass is half empty)</b>	Focusing on a negative detail of the situation rather than looking at the whole picture. Dwelling on unpleasant things and dismissing good things.	e.g. Take a break from comparing yourself on social media; life is not fair/unfair, but full of opportunities in disguise. Look at what you have, rather than what you don’t have.
<b>Disqualifying the positive</b>	Not giving yourself credit where credit is due . Rejecting positive experiences by insisting that they “don’t count” for some reason (allowing you to maintain negative beliefs that are contradicted by everyday experiences)	e.g. Thank you for that compliment 😊. I did achieve that, and it did take hard work. Everyone is unique and wonderful in their own way.
<b>Overgeneralising</b>	Seeing one negative event as a never-ending pattern of defeat. One or two defeats/ mistakes/ unpleasant experiences create an expectation that this is ALWAYS going to happen.	e.g. I’ll <del>never</del> one day be good enough. He is <del>always</del> is mean to me 5 mins per day... that’s cause for action!
<b>Labeling/ Name Calling</b>	An extreme form of overgeneralization where instead of describing your error, you attach a negative label to yourself.	e.g. You make a mistake and think “ <del>I’m stupid</del> -I how can I learn from that so it doesn’t happen next time?”.
<b>Catastrophisation</b>	Making mountains out of molehills. Focusing on unpleasantness and negative things and exaggerating it, making the situation out to be much worse than it is.	e.g. <del>I’m freaking out about not going to get into Gym!</del> ... I can find a way to work in the job I want and have a good life.
<b>Fortune Telling</b>	Fortune telling is predicting a negative outcome for the future without any solid evidence.	e.g. The future is miles away. Don’t worry about not meeting the expectation. Have faith in your plan, and stick to it.
<b>Mind Reading</b>	Mind reading is thinking that someone is reacting negatively to you without asking them.	e.g. “We are likely to be thinking of the same thing about eachother... humans do that!”
<b>Personalising</b>	Taking responsibility/ blame for anything unpleasant that happens to you or others. Everything is a consequence of something you have or have not done.	e.g. I am not the center of the universe, and laws of physics state that I can never be the one causal factor.
<b>Mistaking Feelings for facts</b>	Believing that something is true because you feel it to be true.	e.g. I can’t expect my feelings to reflect what is happening. Everyone has a different perspective.