


Negative Thinking Habits

All or Nothing Thinking



"If I don't manage to get this done, I'm a failure"

Overgeneralising




"It's all going wrong"
"Nothing good ever happens to me"

Mental Filter




"Everything I do isn't good enough"

Disqualifying the Positive




"It's all been a 100% complete waste of time!"

Jumping to Conclusions



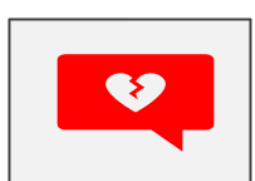
"It doesn't matter what I do, they will just say it's rubbish anyway"

Catastrophising




"Everything is going to go horribly wrong; we're all doomed!"

Emotional Reasoning




"I feel so ashamed, I must be an idiot"

Should and Must




"I should be achieving more! I must not make a mistake"

Labelling



"I'm such an idiot, what a loser I am!"

Personalisation



"I have a lot to answer for, it's all completely my fault"



Negative Thinking Habits

All or Nothing Thinking	Thinking in extremes and only in terms of good or bad
Overgeneralising	Assuming a pattern or stereotype based on a single event
Mental Filter	Having an attention bias based on only the things you want to see
Disqualifying the positive	Discounting the good and choosing to focus only on the bad
Jumping to conclusions	Mind reading or predicting the future despite lack of evidence
Catastrophising	Blowing things out of proportion based on how you feel at the time
Emotional Reasoning	Assuming truth based on feelings rather than fact
Should and must	Using words like 'should', 'must' and 'ought' (perfectionism)
Labelling	Assigning labels which have more to do with self-esteem rather than anything that can help solve a problem and understand something
Personalisation	Taking too much responsibility and beating yourself up for it

