

Unhelpful Thinking Styles

All or nothing thinking

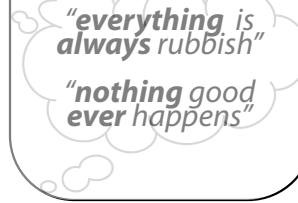


Sometimes called 'black and white thinking'

If I'm not perfect I have failed

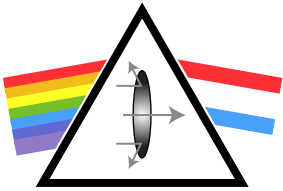
Either I do it right or not at all

Over-generalising



Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

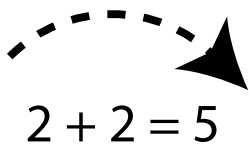
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

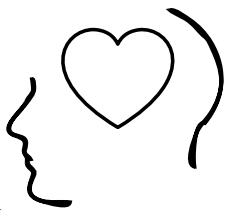
- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

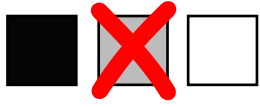
Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

Estilos Ineficaces de Pensamiento

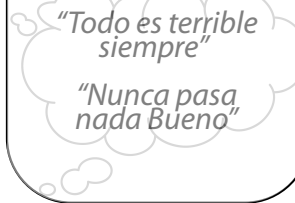
Pensamiento de Todo o Nada



También llamado 'Blanco y Negro'

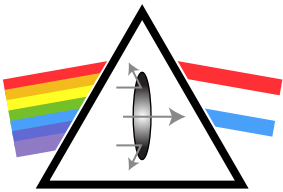
"O lo hago bien, o no lo hago"

Sobre-generalización



Ver un patrón basado en un solo evento, o exagerar las conclusiones

Filtro Mental



Poner atención únicamente a cierto tipo de evidencia

Ver nuestros fracasos pero no nuestros logros

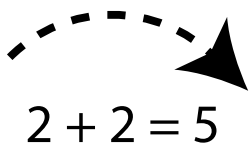
Descalificar lo positivo



Invaldar, por cualquier razón, las cosas buenas que has pasado o que has hecho

"Eso no cuenta"

Saltar a conclusiones



Hay dos tipos:

- **Lectura de mente** (Imaginar que sabemos lo que otros piensan)
- **Adivinar el futuro** (Adivinar el futuro)

Magnificación (catastrofizar) y minimización



Agrandar las situaciones desproporcionadamente (catastrofizando) o hacerlas pequeñas para que parezcan menos importantes

Razonamiento emocional



Asumir que por que nos sentimos de cierta manera, lo que pensamos debe ser cierto

"Me siento avergonzado, por lo tanto debo ser un idiota"

Debería

Debo

Usar palabras críticas como "debería" "debo" o "tengo que" pueden hacernos sentir culpables o como si ya hubiéramos fallado

Si aplicamos la palabra "debería" a otras personas, el resultado suele ser la frustración

Etiquetado



Ponernos etiquetas a nosotros mismos o a otras personas

"Soy un perdedor"
"Soy completamente inútil"
"Son unos idiotas"

Personalización

"Es mi culpa"

Culparse a sí mismo o tomar responsabilidad de algo que no nos corresponde

A la inversa es culpar a otras personas por algo de lo que somos responsables