

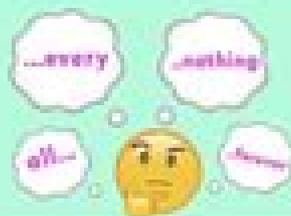
## EMOTIONAL REASONING

assuming that because we feel a certain way, that we think must be true



## OVERGENERALIZING

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



## LABELLING

assigning labels to ourselves or other people



## JUMPING TO CONCLUSIONS

assuming we know what others are thinking or predicting the future



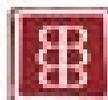
## MAGNIFICATION (CATASTROPHISING) & MINIMIZATION

blowing things out of proportion (catastrophising) or inappropriately downplaying something to make it seem less important



"DON'T MAKE A MOUNTAIN OUT OF A MOLEHILL"

# UNHELPFUL THINKING STYLES



BALANCE

eating disorder treatment center™

## MENTAL FILTER

only paying attention to certain types of evidence, ignoring our talents but not seeing our success



"-I AM A FAILURE"

## DISQUALIFYING THE POSITIVE

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



## ALL OR NOTHING THINKING



## PERSONALIZATION

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



## 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 frustration



# Thinking Styles

**LM Reder**



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