

UNHELPFUL THINKING STYLES

PREDICTIONS

I make negative predictions about what might happen in the future even though I have no way of knowing this.

I will fail my Maths test



JUDGEMENTS

I make judgements about things even though there is no evidence or facts to back this up.

They looked at me funny



CATASTROPHISING

I always think of the worst case scenario or think that something really bad is going to happen.

The car is going to crash



PERFECTIONIST

I put a lot of pressure on myself to do well and set unrealistically high expectations for myself. I think everything has to be exactly right.

I have to get full marks



NEGATIVE GLASSES

When I have my negative glasses on, I only see the bad things that happen and I don't notice any of the good things.

Today has been awful



FEELINGS

If I notice negative feelings in myself or my body and automatically think that it means something bad is happening or will happen.

I feel bad so my day will be bad



MENTAL FILTER

I tend to take more notice of the negative things in a situation and down play the positive things.

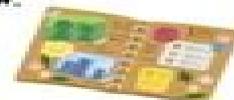
I can't believe I only got 8 out of 10



MEMORIES

Some things trigger my negative memories which makes me think something bad will happen again now.

Something bad happened here so it will again



BLACK & WHITE THOUGHTS

I usually think things are either really good or really bad and there is no in between.

I lost so I am terrible at this game



MIND READING

I assume I know what other people are thinking and this is usually negative things about me.

They think I look silly



COMPARE & DESPAIR

I notice positive things about other people but then compare myself negatively to them and think others are better than me.

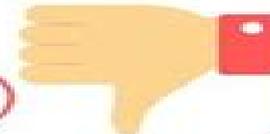
Why can't I be as smart as them?



SELF-CRITICAL

I am very critical of myself and my abilities.

I can't do this because I am not smart



Thinking Skills Challenging

Léo Pomar



Thinking Skills Challenging:

Adopting the Tune of Expression: An Psychological Symphony within **Thinking Skills Challenging**

In a global taken by monitors and the ceaseless chatter of instant connection, the melodic beauty and mental symphony developed by the written term often fade in to the backdrop, eclipsed by the relentless noise and disturbances that permeate our lives. But, located within the pages of **Thinking Skills Challenging** a marvelous fictional value brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that fascinating masterpiece conducts readers on a mental trip, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously crafted phrase. Within the depths with this moving evaluation, we can explore the book is main harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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