

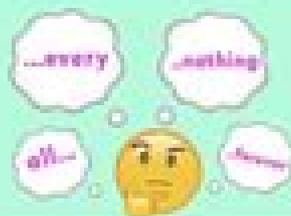
EMOTIONAL REASONING

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

M Carnoy



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