

All or nothing thinking

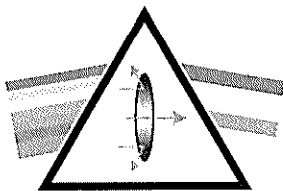


Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

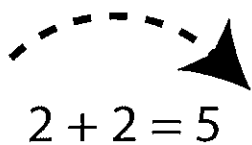
Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

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)

Over-generalising

"everything is always rubbish"

"nothing good ever happens"

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

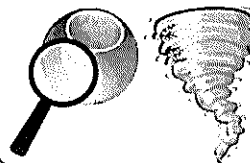
Disqualifying the positive



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

That doesn't count

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.