



UNHELPFUL
THINKING
STYLES

Are you a 'black and white thinker'?

- Are things in your life either all good or all bad with no shades of grey?
- Do you think that because something has gone wrong once, it will go wrong every time?
- Do you have strict rules about yourself and your life? For example, do you think that in order to be good at something, you must do it perfectly every time?
- If things don't work out exactly as you'd planned, do you feel hopeless, as if you've failed?
- Do you believe that in order to be a good person, everybody must like you all the time?
- Do you ever think 'I'm a terrible person - there's nothing good about me'?



Do you 'jump to negative conclusions'?

- Do you usually interpret situations negatively, even when a positive explanation is just as likely?
- Do you sometimes act like a 'mind reader'? That is, do you think you can tell what another person is thinking without asking, and act as if your mind reading were fact?
- Do you 'tell fortunes'? That is, do you believe that things will turn out badly most of the time? 'There's no use trying because I won't be able to do it anyway'.

Do you 'catastrophise'?

- Do you tend to make a mountain out of a molehill?
- Do you convince yourself that if something goes wrong it will be intolerable? 'If I get a craving, I won't be able to control myself'
- If you have a disagreement with someone, do you think: 'that person will never talk to me again'?
- If one thing goes wrong do you think that your whole life is a mess?
- Do you spend a lot of time thinking "what if...?" and imagining terrible consequences?

Are you a 'personaliser'?

- Do you blame yourself for anything bad that happens? Do you often put yourself down?
- Do you take responsibility for other people's feelings and actions, and confuse feelings with facts? 'My partner's in a bad mood, I must've done something wrong or 'I feel stupid, so I am stupid'.

Are you a 'should/ought' thinker?

- Do you often use the words 'should', 'ought' and 'must'? This thinking tends to make you feel guilty when you don't do the things you 'should'.
- Do you set unrealistic expectations for yourself or other people? 'I shouldn't get angry', 'He should always be on time', 'She should understand me by now' Do you find yourself getting frustrated or angry with people when they don't do what you think they 'should'?