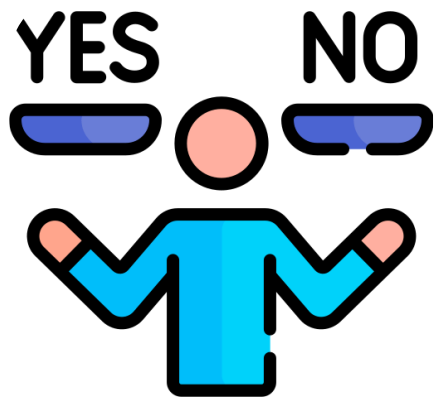


Thinking errors

(or cognitive distortions)



All or nothing thinking

Believing things are either perfect or terrible with nothing in between

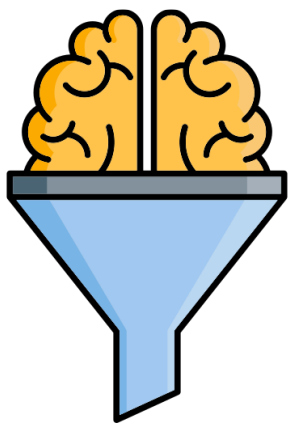
"If I'm not the best at this, I shouldn't even try"



Over-generalising

Seeing a pattern based on a single event or thinking things are "always" going to get badly

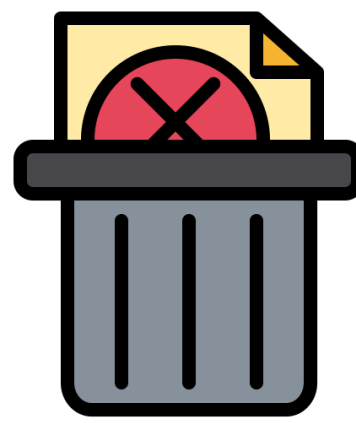
"Today didn't go well so every day will be bad"



Mental filter

Only noticing the bad things and not paying attention to the good

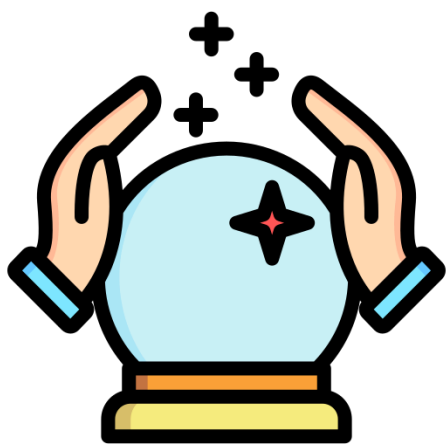
"Something good might have happened today but the bad stuff is so much more important"



Disqualifying the positive

Brushing off or discounting the good things by saying they don't count

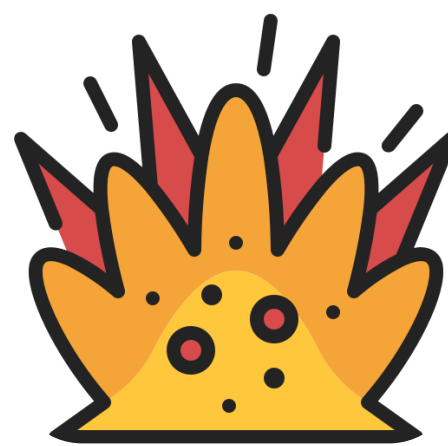
"They were only nice to me because they felt bad"



Jumping to conclusions

Fortune telling - predicting bad things will happen without much or any evidence

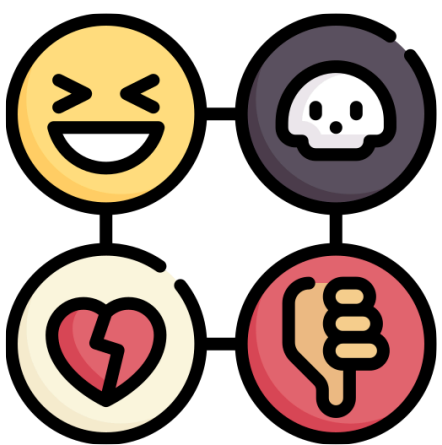
Mind reading - assuming we can tell what others are thinking and feeling sure we're right



Catastrophising

Making small problems seem much bigger than they really are

"I didn't get this question right so now I'm going to fail"



Emotional reasoning

Believing that just because you feel a particular way, that this is true

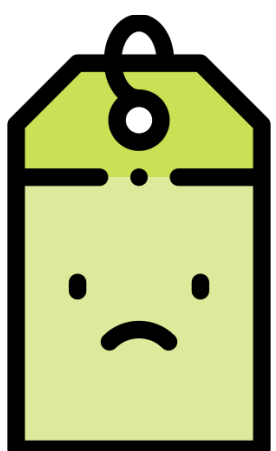
"I feel embarrassed and I know that everyone thinks I'm stupid"



Should statements

Putting pressure on yourself by saying you "should" be able to do something

"I should be able to cope with this better than I do"



Labelling

Putting a negative label on yourself instead of describing the specific situation

"I'm hopeless at talking to people"
Vs *"That"*



Personalising

Believing others' actions or comments are about you when they might not be

"They are laughing and looking at me - they must be making fun of me"