

Thinking Errors

ALSO CALLED 'UNHELPFUL THINKING STYLES' or 'THINKING TRAPS'

	Black & White Thinking (All-or-nothing Thinking) <i>If I'm not perfect, I will have failed.</i>	Over-generalising <i>"Why does everything always have to be so difficult?"</i> <i>"nothing good ever happens"</i>	Over-generalising Seeing a pattern based on a single event, or being overly broad in the conclusions we draw.
Catastrophising 	Catastrophising Always thinking the worst-case scenario or blowing things out of proportion. <i>My presentation is going to be a disaster.</i>	Disqualifying the positive 	Disqualifying the positive Discounting the good things that happen or that you have done. <i>That doesn't count.</i>
Mind-reading 	Mind reading Imagining we know what others are thinking. <i>That person doesn't like me.</i>		Fortune Telling Predicting the future. <i>We're going to lose the football game on the weekend.</i>
should must	'Shoulds' The words 'should', 'must', 'always', or 'never' indicate rigid, rule-based thinking that can make us feel guilty. <i>I should have done that already.</i>	Personalisation <i>"this is my fault"</i>	Personalisation Blaming yourself or taking responsibility for something that wasn't completely your fault.
Labelling 	Labelling Assigning labels to ourselves or others. <i>I'm a loser. I'm useless. They're an idiot.</i>	Emotional reasoning 	Emotional Reasoning Assuming that because we feel a certain way what we think must be true. <i>I feel embarrassed so I must have done something stupid.</i>