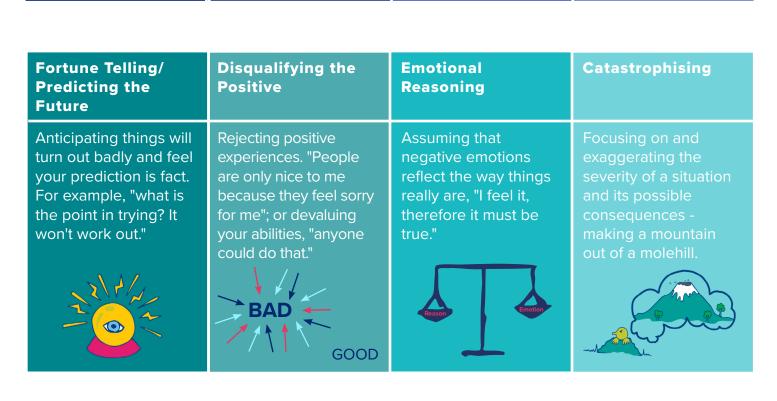




## **Unhelpful Thinking**

All-Or-Nothing Thinking	Labelling	Mental Filter	Mind Reading
There is no middle ground. For example, "either I do it perfectly, or it's a complete waste of time."	Attributing shortcomings or failures with your character. "I didn't complete my food diary, I'm such a failure."	Focusing on the negative prevents you from noticing the positive.	Assuming to know others' thoughts, intentions or motives. For example, "He doesn't like me" or "They think I'm stupid."







#### **Demands**

Unrealistic/unhelpful expectations placed upon yourself and others. "I should be able to do this", "I must not make mistakes", "He needs to listen to me."



#### Overgeneralisation

Evidence is drawn from one experience or a small set of experiences and applied to all future experiences. For example, "I didn't lose weight last week. I'll never succeed at anything!"



# Low Frustration Tolerance

Believing that discomfort or painful feelings are 'unbearable' or that you 'can't stand' difficult situations or difficult behaviours from others.



### Blame/ Personalisation

Blaming yourself for a negative event for which you were not responsible. For example, "The boss is quiet today because I am incompetent."

