

Unhelpful Thinking

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

Fortune Telling/ Predicting the Future	Disqualifying the Positive	Emotional Reasoning	Catastrophising
<p>Anticipating things will turn out badly and feel your prediction is fact. For example, "what is the point in trying? It won't work out."</p> 	<p>Rejecting positive experiences. "People are only nice to me because they feel sorry for me"; or devaluing your abilities, "anyone could do that."</p> 	<p>Assuming that negative emotions reflect the way things really are, "I feel it, therefore it must be true."</p> 	<p>Focusing on and exaggerating the severity of a situation and its possible consequences - making a mountain out of a molehill.</p> 

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."

