




Unhelpful Thinking Styles

When a person experiences an unhelpful emotion (e.g., depression or anxiety), it is usually preceded by several unhealthy self-statements and thoughts. Often there is a pattern to such thoughts, and we call these, “unhelpful thinking styles.” One of the things we have noticed is that people use unhelpful thinking styles as an automatic habit; it is out of our awareness. For more information: Unhelpful thinking Overview (health.wa.gov.au)

<p>All or nothing thinking</p>  <p>Sometimes called 'black and white thinking'</p> <p><i>If I'm not perfect I have failed</i></p> <p><i>Either I do it right or not at all</i></p>	<p>Over-generalising</p> <p><i>"everything is always rubbish"</i></p> <p><i>"nothing good ever happens"</i></p> <p>Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw</p>
<p>Mental filter</p>  <p>Only paying attention to certain types of evidence.</p> <p><i>Noticing our failures but not seeing our successes</i></p>	<p>Disqualifying the positive</p>  <p>Discounting the good things that have happened or that you have done for some reason or another</p> <p><i>That doesn't count</i></p>
<p>Jumping to conclusions</p>  <p>There are two key types of jumping to conclusions:</p> <ul style="list-style-type: none"> • Mind reading (imagining we know what others are thinking) • Fortune telling (predicting the future) 	<p>Magnification (catastrophising) & minimisation</p>  <p>Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important</p>
<p>Emotional reasoning</p>  <p>Assuming that because we feel a certain way what we think must be true.</p> <p><i>I feel embarrassed so I must be an idiot</i></p>	<p>should must</p> <p>Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed</p> <p>If we apply 'shoulds' to other people the result is often frustration</p>
<p>Labelling</p>  <p>Assigning labels to ourselves or other people</p> <p><i>I'm a loser</i></p> <p><i>I'm completely useless</i></p> <p><i>They're such an idiot</i></p>	<p>Personalisation</p> <p><i>"this is my fault"</i></p> <p>Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.</p>



If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.