

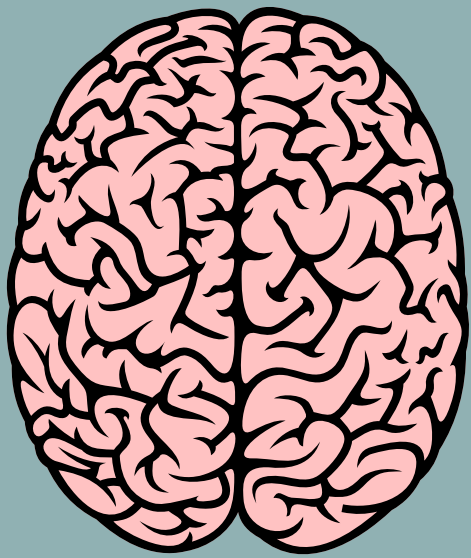
NEGATIVE THINKING PATTERNS



Uncovering negative thinking patterns to help reduce emotional distress and balance your thinking.

Tunnel vision

Focusing on only one aspect of a situation (often negative) while overlooking others (positive), creating tunnel vision.



Emotional Reasoning

Assessing situations through the lens of your current emotion, where your emotions are interpreted as fact.

Jumping to Conclusions

Assuming we know what will happen, without evidence to support it.

Two types:

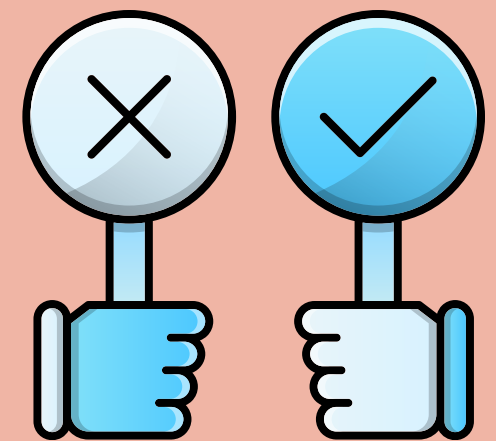
Mind reading: Assuming we know what someone else is thinking or what their rationale is behind their behaviour.

Predictive thinking: Predicting outcomes usually overestimating negative emotions or experiences.



All or Nothing

Absolute thinking where one focuses on an extreme and ignores the other. There is no in-between.



Personalisation

Blaming yourself unnecessarily for external negative events.

Labelling

Using sweeping, negative statements to describe yourself or others.

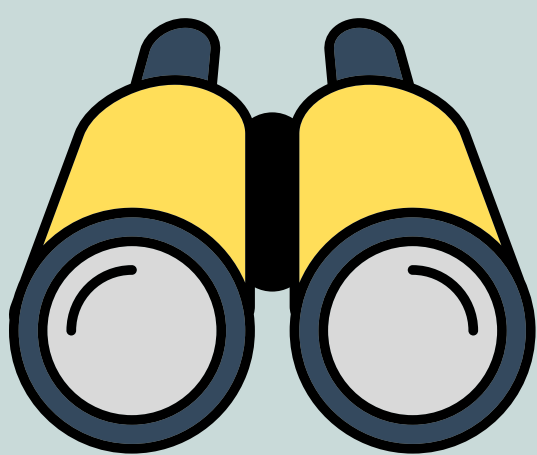
Overgeneralising

Interpreting a single, negative event as the norm, or enduring pattern.



Catastrophising

Exaggerating a situation in the negative.



Magnification and Minimisation

Magnifying the positives in others, while discounting your own.

Should-have and Must-have Statements

Putting unreasonable expectations on oneself.