

Thinking About Thinking Patterns

Do you recognise any of the following patterns of thinking?

What can we do to minimise their effect?

Focusing on the negative (and ignoring the positive)

Things are going wrong in my life; nothing good is ever going to happen

Discounting the positive

I only did well because I was lucky

All-or-nothing, with no middle ground

If I can't do it extremely well, then it's not worth trying at all

Labelling

I'm a complete idiot; he's a total loser

Mind-reading

She pretended not to see me today

Fortune-telling

I know I won't get along with the new manager

Catastrophising/Magnification

If I'm late, the meeting will be totally messed up

Minimisation

Even my good shots weren't that good

Emotional reasoning

I felt like such a jerk, so I must be one

Personalisation

My partner left me and it's all my fault

Blame

It's all her fault, she should have known where the file was

Generalisation

I always get it rejected so there's no point applying for jobs

Shoulds, musts, have tos and oughts

I must always perform well; If I said I'd do it I have to