













Unhelpful Thinking Habits

Over the years, we tend to get into unhelpful thinking habits such as those described below. We might favour some over others, and there might be some that seem far too familiar. Once you can identify your unhelpful thinking styles, you can start to notice them – they very often occur just before and during distressing situations. Once you can notice them, then that can help you to challenge or distance yourself from those thoughts, and see the situation in a different and more helpful way. *Blue text (italics) helps us find alternative, more realistic thoughts.*

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|---|---|
|  <p>Mental Filter - When we notice only what the filter allows or wants us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', or only catching the negative stuff in our 'kitchen strainers' whilst anything more positive or realistic is dismissed. <i>Am I only noticing the bad stuff? Am I filtering out the positives? Am I wearing those 'gloomy specs'? What would be more realistic?</i></p> |  <p>Judgements - Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for. <i>I'm making an evaluation about the situation or person. It's how I make sense of the world, but that doesn't mean my judgements are always right or helpful. Is there another perspective?</i></p> |
| <p>Prediction - Believing we know what's going to happen in the future. <i>Am I thinking that I can predict the future? How likely is it that that might really happen?</i></p>  | <p>Emotional Reasoning - I feel bad so it must be bad! I feel anxious, so I must be in danger. <i>Just because it feels bad, doesn't necessary mean it is bad. My feelings are just a reaction to my thoughts – and thoughts are just automatic brain reflexes</i></p>  |
| <p>Mind-Reading - Assuming we know what others are thinking (usually about us). <i>Am I assuming I know what others are thinking? What's the evidence? Those are my own thoughts, not theirs. Is there another, more balanced way of looking at it?</i></p>  | <p>Mountains and Molehills Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives <i>Am I exaggerating the bad stuff? How would someone else see it? What's the bigger picture?</i></p>  |
| <p>Compare and despair Seeing only the good and positive aspects in others, and getting upset when comparing ourselves negatively against them. <i>Am I doing that 'compare and despair' thing? What would be a more balanced and helpful way of looking at it?</i></p>  | <p>Catastrophising - Imagining and believing that the worst possible thing will happen <i>OK, thinking that the worst possible thing will definitely happen isn't really helpful right now. What's most likely to happen?</i></p>  |
| <p>Critical self Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility <i>There I go, that internal bully's at it again. Would most people who really know me say that about me? Is this something that I am totally responsible for?</i></p>  | <p>Black and white thinking - Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between or 'shades of grey'. <i>Things aren't either totally white or totally black – there are shades of grey. Where is this on the spectrum?</i></p>  |
| <p>Shoulds and musts - Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations. <i>Am I putting more pressure on myself, setting up expectations of myself that are almost impossible? What would be more realistic?</i></p>  | <p>Memories - Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past, causing us distress right now. <i>This is just a reminder of the past. That was then, and this is now. Even though this memory makes me <u>feel</u> upset, it's not <u>actually</u> happening again right now.</i></p>  |



Circle or write some consequences of **black and white** thinking to:

- Your own feelings and actions
- Other peoples' feelings and actions, relationships
- Jobs, hobbies, everyday tasks.

I reject people

I feel hopeless

The world feels scary

I have less control

I avoid things I enjoy

I avoid people I like

We end up arguing

I feel hurt
smaller

Others feel hurt

My world becomes

I have to do everything perfectly

I'm exhausted

Others get angry at me

People avoid me

I feel in control

I feel angry

I don't have much fun

I have lots of fun

Give up on tasks

Expect too much from others

I feel safer


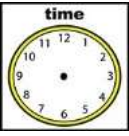



Feel let down by others

Constant questioning of myself

Other consequences.....

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Challenging unhelpful thoughts

| Day & Time   | Where? What I was doing? Who's with me? | Emotion  | Unhelpful thought / Thinking style  | More balanced thought  |
|---|---|--|--|---|
| EXAMPLE Tuesday evening 8pm | In the restaurant With my partner The waiter walked past when I wanted to order | Sad Angry Face became flushed | I am not worth speaking to MIND READING CRITICAL SELF | They did not notice me They are stressed and busy |
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Module 5 - Setting some challenging unhelpful thinking Imps

Remember – an implementation intention (or ‘Imp’) is a plan to yourself that can make you 3 times more likely to make a specific change in your actions

- EXAMPLE: IF I think I know what someone is thinking

THEN I will check if that’s what I think, and check the evidence

• IF

THEN.....

• IF

THEN.....

