



10 THINKING TRAPS

The way we think directly impacts our relationships and our ability to perform well in a variety of roles in life. Sometimes we may filter and distort information based on our preferences and beliefs, so our thinking can become unbalanced and lead to unnecessary stress and poor decisions. By recognising our unhelpful thinking patterns, we can begin to change them.



#1 BLACK & WHITE

Seeing only one extreme or the other – ie. no in-betweens or shades of grey. Evaluating things and people in absolutes: seeing everything as awful or great with no middle ground

#2 OVERGENERALISATION

Taking one instance in the past or present, and imposing it on all current or future situations. Drawing sweeping negative conclusions on the basis of limited evidence.



#3 MENTAL FILTER

A "filtering in" and "filtering out" process. A sort of "tunnel vision," focusing on only one part of a situation and ignoring the rest.

#4 DISQUALIFYING THE POSITIVE

In this mindset style, positive experiences are rejected or ignored. When you receive positive feedback, but insist it does not count because your manager was probably just being nice.



#5 MIND READING

Assuming that we know what someone else is thinking (mind reading) and making predictions about what is going to happen in the future (predictive thinking).

#6 CATASTROPHISING

Catastrophising occurs when we "blow things out of proportion" and view the situation as terrible, awful and horrible, even though the reality is that the problem itself is quite small.



#7 EMOTIONAL REASONING

Basing your view of situations or yourself on the way you are feeling and therefore reasoning that if you feel a certain way, then it must be true.

#8 SHOULD STATEMENTS

This is about rules or beliefs that we hold about the way things must be, which can lead us to place unreasonable demands or pressure on ourselves or others.



#9 LABELLING

Making global statements about ourselves or others based on behaviour in specific situations. We might use this label even though there are many more examples that aren't consistent with that label.

10 PERSONALISATION

This involves blaming yourself for everything that goes wrong or could go wrong, even when you may only be partly responsible or not responsible at all.

