**UNHELPFUL THINKING**

We are all familiar with ways of thinking that are unhelpful, but it is often challenging to recognise them in ourselves. Perhaps they were helpful when we were younger, perhaps they got us what we wanted as a child but when they are default thinking patterns, they can undermine our efforts to be the best person we can be.

Below are common thinking styles which undermine our ability to be responsible adults:

**Black and White Thinking**   
Things are all good or all bad.  
*eg ‘That’s the worst day ever!’*

**Overgeneralization**   
Using words like always, never and nothing.  
*eg ‘you always expect me to clean up’*

**Jumping to Conclusion**   
Thinking you can read people’s minds or know the future.  
*eg ‘I know exactly what you mean.’*

**Personalization**   
Blaming yourself for something that was not your fault.  
*eg ‘I didn’t try hard enough to stop it’*

**Filtering**   
Only paying attention to the good or bad things.  
*eg ‘Why won’t people wear masks?’*

**Fairness**   
Thinking things are not fair to you.  
*eg ‘That’s just not fair!’*

**Catastrophizing**   
Thinking things are going to be way worse than they really are.  
*eg ‘I won’t be able to ever …. again!’*

**Blaming**   
Not taking responsibility for actions.  
*eg ‘I didn’t mean to upset you.’*

**External Control Fallacy**   
Giving control of feelings to the outside world.  
*eg ‘You make me so angry!’*

**Right**   
Always needing to be right.  
*eg ‘I told you that would happen.’*

**Shoulds**   
Using words like “should” and “must” can make you feel guilty.  
*eg ‘I should have kept quiet.’*

**Labeling**   
Giving labels to yourself or others.  
*eg ‘She is such and attention seeker!’*