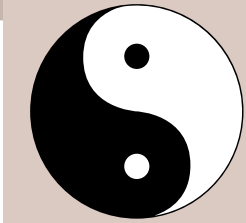


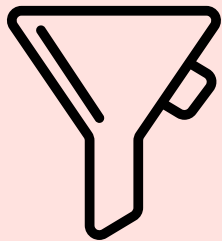
Unhelpful Thinking Patterns

aka "Cognitive Distortions" to be aware of:



All or Nothing Thinking

Thinking in extremes. Seeing things as "black and white" or unable to see the grays.



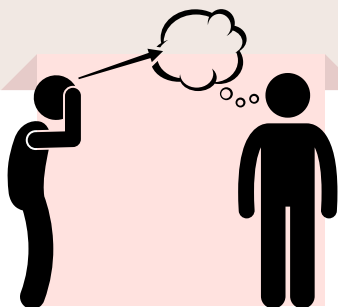
Mental Filter

Only paying attention to certain types of evidence. (i.e. dwelling on one paper you didn't do well on and ignoring all the papers you did well on.)



Overgeneralization

Assuming a pattern based on a single event or drawing a broad conclusion from little evidence.

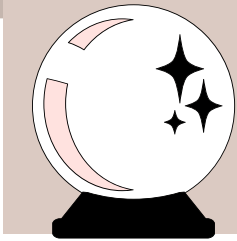


Mind Reading

Assuming you know what someone else is thinking. (i.e. your partner is quiet at dinner and you assume they are thinking negative things about you.)

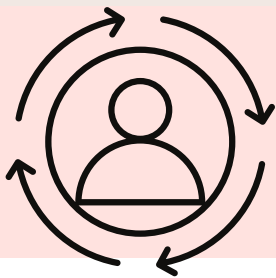
Unhelpful Thinking Patterns

aka "Cognitive Distortions" to be aware of:



Fortune Telling

Predicting outcomes that won't turn out well. (i.e. you are in a conflict with a friend and think, "we will never repair!")



Personalization

Assuming what others say and do is a reaction to you. (i.e. your friend hasn't called you back and you assume they are upset with you.)



Catastrophizing

Assuming the worst possible outcome. (i.e. You are running late for work and think "my boss will be upset, then I'll get fired and I will never find a job again.")



Emotional Reasoning

Assuming your emotions are facts. (i.e. You are feeling insecure while dating and think you will never find a partner.)