

Unhelpful Thinking Styles

Spotting thoughts that have a bad impact on how you feel and what you do.

Are you your own worst critic?

Do you always seem to be beating yourself up about something?

Do you focus on the bad stuff?

As if you were looking at the world through darkened glasses?

Do you have a gloomy view of the future?

Expecting everything to turn out badly?

Are you jumping to the worst conclusions?

Predicting that everything will go terribly wrong?

Do you assume that others see you badly?

When you haven't checked whether it's true, it's called 'Mind Reading'

Do you take responsibility for everything?

Including things that aren't your fault?

Are you always saying things like 'should' and 'got to'?

Setting impossible standards for yourself?