













CBT Unhelpful Thinking Styles Worksheet

Unhelpful thinking styles

Below are a number of different thinking styles that people can get into. Have a look through the thoughts you have recorded and see if any of these thinking styles apply to you, these can be helpful to refer to when trying to generate evidence.

<p>All or nothing thinking (sometimes called 'black and white thinking')</p> <p>Seeing only one extreme or the other. There are no in-betweens or shades of grey.</p> 	<p>Jumping to conclusions</p> <p>Mind-reading Assuming we know what someone else is thinking.</p> <p>Fortune telling Predicting what's going to happen in the future.</p> 
<p>Over-generalising</p> <p>Seeing a pattern based upon a single event or being overly broad in the conclusions we draw. Tends to involve the words always, everyone, never.</p> 	<p>Emotional reasoning</p> <p>Assuming that because we feel a certain way what we think must be true.</p> 
<p>Magnification and minimisation</p> <p>Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important.</p> 	<p>Shoulds and musts</p> <p>Putting unreasonable demands or pressure on yourself or others. Using critical words which make us feel guilty or like we have failed.</p> 
<p>Mental filter</p> <p>Only paying attention to certain types of information such as noticing failures but not successes.</p> 	<p>Personalisation</p> <p>Blaming yourself or taking responsibility for something that wasn't completely your fault or blaming other people for something that was your fault.</p> 
<p>Disqualifying the positive</p> <p>Discounting the good things that have happened or that you have done.</p> 	<p>Labelling</p> <p>Assigning labels to ourselves or other people.</p> 
<p>Compare and despair</p> <p>Seeing only the good points in others compared with the bad ones in yourself.</p> 	<p>Memories</p> <p>Current situations triggering memories of past upsetting events.</p> 

References

[Williams, C., & Garland, A. \(2002\). Identifying and challenging unhelpful thinking. *Advances in Psychiatric Treatment*, 8\(5\), 377-386.](#)

[Burns, D. D. \(2008\). *Feeling good*. United Kingdom: HarperCollins.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.