Pattern Matches

All or nothing thinking

Sometimes called 'black and white thinking'

If I'm not perfect I have failed
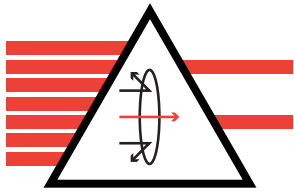
Either I do it right or not at all

Overgeneralising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter

Only paying attention to certain types of evidence

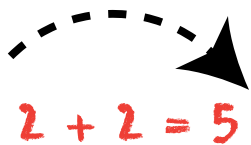*Noticing our failures but not seeing our successes*

Disqualifying the positive

Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions

There are two key types of jumping to conclusions:

• **Mind reading**
(imagining we know what others are thinking)

• **Fortune telling**
(predicting the future)

2 + 2 = 5

Magnification (catastrophising) & minimisation

Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning

Assuming that because we feel a certain way what we think must be true

I feel embarrassed so I must be an idiot

Should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

should must

Labelling

Assigning labels to ourselves or other people

I'm a loser

I'm completely useless

They're such an idiot

STUPID

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault

Conversely, blaming other people for something that was your fault