

# Unhealthy Thinking Patterns

By MHCK, LLC 2024

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| <u><b>Catastrophizing</b></u> <ul style="list-style-type: none"><li>Thinking about the worst possible outcome and thinking it WILL happen.</li><li>Blowing things out of proportion<br/><i>"If I fail this test I will never be successful"</i></li></ul>                                                                             | <u><b>"Should" Statements</b></u> <ul style="list-style-type: none"><li>Focusing on how you think things should be or have happened instead of accepting how it really is</li><li>Using critical words like should, must, ought to cause a feelings of guilt or failure<br/><i>"I should be getting an A in that class"</i></li></ul>                                                                                               |
| <u><b>Magnification &amp; Minimization</b></u> <ul style="list-style-type: none"><li>Exaggerate a mistake or negative aspect of yourself<br/><i>"I woke up late so now my whole day is ruined"</i></li><li>Minimize your achievements as unimportant.<br/><i>"I should have done better than 99% correct"</i></li></ul>               | <u><b>Mental Filter:</b></u> <ul style="list-style-type: none"><li>Only paying attention to some of the evidence.</li><li>Focusing on only one aspect of the situation</li><li>Noticing our failures and not our successes because you think they don't count<br/><i>"We won the game but I missed my two free throws"</i></li></ul>                                                                                                |
| <u><b>Jumping To Conclusions</b></u> <ul style="list-style-type: none"><li>Mindreading: assuming you know what someone else is thinking<br/><i>"They laughed when I walked by so they must think I am ugly"</i></li><li>Fortune Telling: Making predictions about the future<br/><i>"I know that I will fail this test"</i></li></ul> | <u><b>Personalization and Blaming</b></u> <ul style="list-style-type: none"><li>Personalization: Blaming yourself for events that happened even when you may only be partly responsible or not at all<br/><i>"My team lost because of the mistakes that I made"</i></li><li>Taking zero responsibility for your role in a situation and blaming others. Victim mentality<br/><i>"I got an F because my teacher sucks"</i></li></ul> |
| <u><b>Labeling</b></u> <ul style="list-style-type: none"><li>Assigning labels to ourselves or others<br/><i>"I am a loser, I am an idiot" "You are useless"</i></li></ul>                                                                                                                                                             | <u><b>Emotional Reasoning</b></u> <ul style="list-style-type: none"><li>Believing that because you feel something, it must be true<br/><i>"I am nervous so I know I will fail this test" "I am embarrassed so I must be an idiot"</i></li></ul>                                                                                                                                                                                     |
| <u><b>Overgeneralization</b></u> <ul style="list-style-type: none"><li>Taking a single negative event and assigning it to all current and future situations</li><li>Using always and never statements<br/><i>"I always screw things up and always will" "You never listen to me"</i></li></ul>                                        | <u><b>Black and White Thinking</b></u> <ul style="list-style-type: none"><li>Seeing things as either all good OR all bad. It's either one extreme or the other, there are not gray areas<br/><i>"If I'm not perfect then I am a failure" "Either I do it right or not at all"</i></li></ul>                                                                                                                                         |

## How to Fix Unhealthy Thinking Patterns

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|---------------------------------------------------------------|----------------------------------|
| Describe The Situation That Caused you to “Crash out”         |                                  |
| What was going through your mind when the situation occurred? |                                  |
| What Unhealthy Thinking Pattern did these thoughts fall into? | 1.<br>2.<br>3.                   |
| Is there evidence that these thoughts are NOT TRUE?           | 1.<br>2.<br>3.                   |
| What are some true thoughts about the situation?              | 1.<br>2.<br>3.<br>4.<br>5.<br>6. |