



I'm not robot



I am not robot!

When a person experiences an unpleasant emotion (e.g., sadness, anxiety), that emotion is usually preceded by one or more unhelpful thoughts. I am stupid so I am giving up. This information sheet describes the various unhelpful thinking styles people use automatically and can cause great emotional distress. Magnification (catastrophizing) & minimization. Discounting the good things that have happened or that you have done for some reason or another. Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw. What is the unhelpful ANT (automatic negative thought(s) that keep coming. Assuming we know what will happen, without evidence to support it. If something isn't entirely good, it's treated as 100% bad. Once you can notice them, then that can help you to Unhelpful Thinking Styles. Remember, the way that we think about things has a big impact on how we feel and how we behave. Unhelpful Thinking Styles. Once you can notice them, then that can "nothing good ever happens." Disqualifying the positive. Sometimes we think about ourselves or the world around us in biased ways without even really realizing it, and it can often be very unhelpful. All-or-Nothing Thinking: Seeing things as belonging to extreme categories rather than as falling along a spectrum. These unhelpful thinking styles can be unhelpful self-statements or thoughts that usually come before experiences of unhelpful emotions like depression and anxiety. Sometimes we think about ourselves or the world around us in biased ways without even really realizing it, and it can often be very unhelpful. Everyone experiences unhelpful thoughts to some degree, but when a person is doing this automatically and consistently, these thoughts can lead to emotional distress. Using critical words like 'should', 'must', or 'ought' should. Automatic Negative Thoughts (ANTs) and unhelpful thinking styles. That doesn't count. Unhelpful Thinking Styles. These thoughts can be irrational in nature and influence your emotions. identify your unhelpful thinking styles, you can start to notice them – they very often occur just before and during distressing situations. Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important. This information sheet describes the various unhelpful thinking styles people use automatically and can cause great emotional distress. Discounting the good. Unhelpful Thinking Styles. Below are Step one: Use a thought diary to identify unhelpful thinking style. Step two: Explore the thought. Can lead people to give up at the first small sign of failure or think too rigidly. Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw. I failed this test. Thoughts and feelings are directly connected with each other and experiencing unhelpful emotions, such as depression or anxiety, are usually Unhelpful Thinking Styles. Two types: Mind reading: Assuming we know what someone else is thinking or what their rationale is. Magnification (catastrophizing) & minimisation. Also known as 'black or white thinking' things are either right or wrong, good or bad. These unhelpful thinking styles identify your unhelpful thinking styles, you can start to notice them – they very often occur just before and during distressing situations. Keywords "nothing good ever happens." Disqualifying the positive.