



COMMON THINKING DISTORTIONS

When we are under excess stress, anxiety or feeling depressed it is easier to be prone to thinking in a distorted manner. Here is a list of common thinking distortions... is there one that you can relate to? By learning to correctly identify your distorted thinking patterns you can then learn to challenge and reframe the thought. Then, over time, the distorted thoughts will be replaced with more rational and balanced thoughts.

ALL OR NOTHING THINKING

This is when you are thinking in absolutes, as either black or white, good or bad with no middle ground in site. You tend to judge people or events using general labels such as "I am hopeless," "I will never learn how to do this," "My life is never going to change," "my baby is never going to sleep through the night." In this type of thinking it is easy to condemn yourself completely as a person on the basis of one event.

CATASTROPHIZING

You tend to magnify and exaggerate the importance of events and how awful or unpleasant they will be, overestimating the chances of disaster; "whatever can go wrong will go wrong."

PERSONALIZING

You take personal responsibility and blame for anything unpleasant even if it has little or nothing to do with you. "It is my fault."

NEGATIVE FOCUS

You tend to focus on the negative, ignoring or misinterpreting positive aspects of a situation. You focus on your weakness and forget your strengths, looking at the dark side.

JUMPING TO CONCLUSIONS

You make negative interpretations even though there are no definite facts. You start predicting the future and take on the role as the mind reader.

LIVING BY FIXED RULES

You tend to have fixed rules and unrealistic expectations of self regularly using words such as, 'should', 'ought', 'must', 'can't'. This leads you to feeling overwhelmed, guilty and disappointed.