

Lancashire Early Intervention Service



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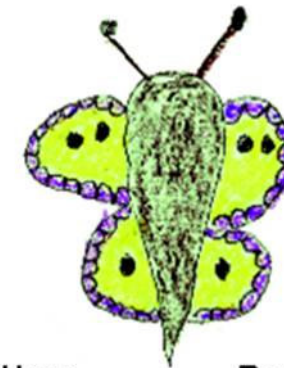
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Lancashire Early Intervention Service
Hope – Health – Recovery

How Can Thinking Become Distorted?



Hope Recovery
Health

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1. All-or-nothing:

Looking at things in absolute, black-and-white categories.

2. Overgeneralising:

Overgeneralising negative qualities and ignoring positive qualities.

3. Mental Filter:

Dwelling on negative qualities and ignoring positive qualities.

4. Discounting the Positives:

Insisting that positive qualities do not count.

5. Jumping to Conclusions:

Jumping to conclusions without any evidence.

6. Magnification or Minimisation:

Blowing things out of proportion or making them less important than they are.

7. Emotional Reasoning:

Trying to understand things based on your emotions.

8. “Should Statements”:

Criticising yourself or others on the basis of a ‘should or shouldn’t’, ‘must or mustn’t’, etc.

9. Labelling:

Labelling yourself negatively as, for example, ‘useless’ or ‘worthless’ if something goes wrong instead of putting it down to a mistake.

10. Personalisation and Blame:

Placing blame on yourself or others without considering other relevant factors.