# Unhelpful Thinking Styles

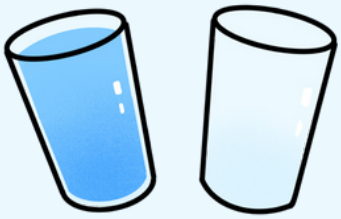
Unhelpful thinking styles are the negative thought patterns that we can get stuck in. These thinking styles often limit us in unhelpful ways, which can have a negative impact on how we think, feel or act. When we are aware of and notice our own negative thinking styles, we can then equip ourselves with the ability to manage, challenge, or overcome these limiting thoughts and beliefs.

**What unhelpful thinking styles do you sometimes get stuck in?**
**Can you challenge that way of thinking to gain a new perspective?**



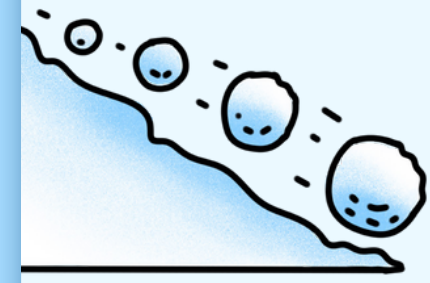
## Negative glasses

When wearing negative glasses, you only see the negative parts.



## All or nothing

Everything is in all-or-nothing terms, there is no in-between.



## Snowballing

One small worry grows larger & larger, becoming all-encompassing.



## Mind-reader

Assuming you know what others are thinking, & that it is negative.



## Fortune-teller

Thinking you can predict the future, & that the future is bad.



## Labelling

Labelling everything about yourself, including your actions, negatively,

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