

# Unhelpful Thinking Styles Checklist



Unhelpful thinking style	Some typical thoughts	Tick if you have noticed this - even just sometimes
Being your own worst critic/bias against yourself	<ul style="list-style-type: none"> <li>• I judge myself harshly</li> <li>• I overlook my strengths/positive things</li> <li>• I dwell on my failures</li> <li>• I downplay my achievements</li> </ul>	
Putting a negative slant on things (negative mental filter)	<ul style="list-style-type: none"> <li>• I see life through dark, tinted glasses</li> <li>• The glass is half empty rather than half full</li> <li>• Whatever I've done is never enough to give me a sense of achievement</li> <li>• I tend to focus on the bad side of every situation</li> </ul>	
Having a gloomy view of the future (make negative predictions)	<ul style="list-style-type: none"> <li>• I predict things will stay bad or just get worse</li> <li>• I always expect to fail</li> </ul>	
Jumping to the very worst conclusion (catastrophizing)	<ul style="list-style-type: none"> <li>• I tend to predict that the very worst will happen</li> </ul>	
Having a negative view about how others see you (mind-reading)	<ul style="list-style-type: none"> <li>• I often think that others don't like me or think badly of me without any reason for it</li> </ul>	
Unfairly taking responsibility for things	<ul style="list-style-type: none"> <li>• I feel guilty about things even if they aren't really my fault</li> </ul>	
Making extreme statements or rules	<ul style="list-style-type: none"> <li>• I use the words 'always' and 'never' a lot</li> <li>• If one bad thing happens to me I say "just typical" because it seems this always happens</li> <li>• I make myself a lot of 'must,' 'should,' 'ought' or 'got to' rules</li> </ul>	