



# The mistakes we make with thoughts

Dr Elaine Ryan



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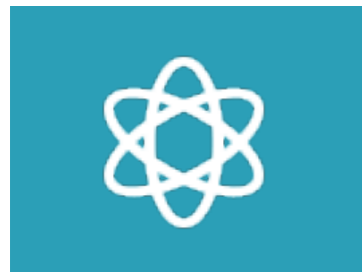
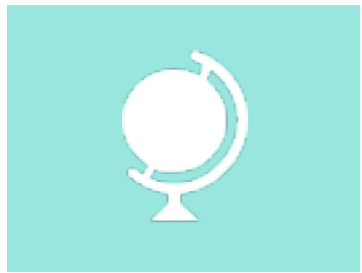
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# Mind Reading

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You assume that you know what people think without having sufficient evidence

For example, she doesn't like me.

She thinks she is better than me



# Fortune telling

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You predict the future negatively.

Nothing will ever work out for me

I won't get the job



# Labelling

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This is like name calling

I'm stupid

He's a waste of space



# Discounting positives

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You think that the positive things you do are trivial, you brush the positives beneath the carpet!

It's was nothing, it is part of my job

Anyone could have done that





# Negative filtering

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You only see the bad

Look at all the people who do not like me



# Shoulds

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You see things in terms of how they 'should' be instead of how they are

I should do well, if I don't, I'm a failure



# Personalising

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Where everything is your fault

A project didn't work out and although other people did not do the work they agreed to do, you feel it's all your fault



# Blaming

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Blaming others for how you feel

It's your fault I'm angry

It's my parents fault



# What if?

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There is never any answer, just more questions

What if it doesn't work out?

What if I fail?

What if I get nervous?



# Inability to disconfirm

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You completely ignore the evidence that suggests you are doing okay

If someone says, good job, you will find a reason to suggest it was not a good job



# Judgement focus

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You judge yourself or others on basis of standards you have

I didn't come first, therefore I am a failure

I did not work hard enough I'm lazy



# Unfair comparisons

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You compare yourself to others negatively

He is better looking

She is smarter

You end up feeling worse off or inferior





# Regrets

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Thinking you could have done better in the past

I could have got better grades

I should have gone to college

I shouldn't have said that

I shouldn't have done that



# Emotional Reasoning

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You let your feelings guide your interpretation of reality.

For example, I am scared of my thoughts, they must be true.

I feel so scared I could hurt someone, I must be dangerous



# Overgeneralising

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You think that one instance of something is a permanent reflection of how things are

For example, one intrusive thought of I could hurt someone must be I am a dangerous person.