



**Unhelpful Thinking Styles**

# **Workbook**

Learning to identify your unhelpful thinking styles, and how to  
reframe your thoughts





# Introduction

When we experience negative emotions (e.g. stress and anxiety), there are sometimes negative thought patterns that are a result. These are called ‘unhelpful thinking styles’. They usually happen automatically as a result of our mental health or previous experiences.

This workbook will help us understand these unhelpful thinking styles, be able to identify them in ourselves, and learn how to reframe them.



# Table of Contents



**04** Types of Unhelpful  
Thinking Styles

**05** Identifying different  
thoughts  
**12**



# Types of Unhelpful Thinking Styles

## 01 Mental Filter

- Noticing only what the filter allows or wants us to notice
- Only paying attention to negative things in our lives

## 02 Memories

- If we've experienced something bad in the past, we can think this is going to happen again, even if it's a different person/situation

## 03 Black & White Thinking

- Believing that someone is all good or all bad/completely right or wrong
- Not seeing that it could be anything in-between

## 04 Catastrophising

- Imagining and believing that the worst possible thing is happening/going to happen

## 05 Compare & Despair

- Seeing only the good in others, and comparing them with the negative parts of ourselves

## 06 Shoulds & Musts

- Putting pressure on ourselves and setting high expectations that are almost impossible, sacrificing our mental health

## 07 Emotional Reasoning

- Thinking that if we're feeling bad, the situation must be bad

## 08 Prediction

- Believing we know what's going to happen

# Mental Filter

Noticing only the negative parts in our lives

When was a situation where you had an unhelpful thought due to a mental filter?

What was the thought?

What could be a realistic/balanced point of view?

# Prediction

Believing we know what's going to happen

When was a situation where you had an unhelpful thought due to prediction?

How likely is it that our prediction is going to happen?

What's another thing that could happen? Maybe more positive?

# Emotional Reasoning

If we feel bad, the situation must be bad

When was a situation where you had an unhelpful thought due to emotional reasoning?

What was the thought?

If you were in a better mood during this situation, how else could you have interpreted it?

# Catastrophising

Believing the worst is happening/going to happen

When was a situation where you had an unhelpful thought due to catastrophising?

What was the thought?

Are there any other scenarios that make sense?



# Compare & Despair

Seeing only good in others, and bad in ourselves

When was a situation where you had an unhelpful thought due to comparing?

What was the thought?

What is a balanced way of looking at it, taking into account the whole picture?

# Shoulds & Musts

Putting pressure on ourselves

When was a situation where you had an unhelpful thought due to putting pressure on yourself?

What was the thought?

Is there a way of setting expectations that prioritise what is healthy for us?

# Black & White thinking

Believing that someone is all good/all bad

When was a situation where you had an unhelpful thought due to black & white thinking?

What was the thought?

Can you think of some good and bad things in this scenario?

# Memories

Thinking that a negative experience in the past is happening again

When was a situation where you had an unhelpful thought due to memories?

What was the thought?

Finish this sentence: This situation is different because...