# Unhelpful Thinking

Unhelpful and negative thinking habits can lead to negative feelings without us even noticing. The first step in changing negative thoughts to more positive ones is to become more aware of what we think. Everyone has unhelpful thoughts sometimes but it's when they happen all of the time that they can have a negative impact on our mental health.
Which unhelpful thoughts do you recognise?

predictions

I will fail the test
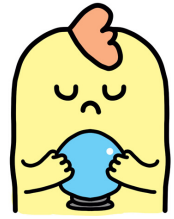
I make negative predictions about what might happen in the future even though I have no way of knowing this.

judgements

They looked at me funny
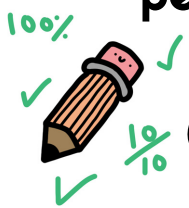
I make judgements about things even though there is no evidence or facts to back this up.
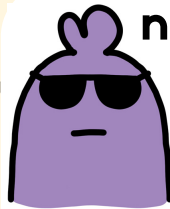
catastrophising

The car will crash

I always think that the worst thing or that something really bad is going to happen.

perfectionist

I have to get everything right

I put a lot of pressure on myself to do well and set unrealistically high expectations for myself.

negative glasses

Today has been terrible
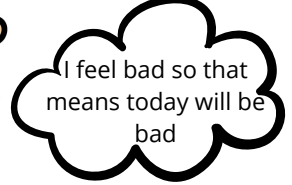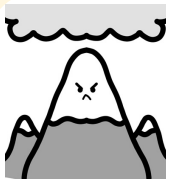
When I have my negative glasses on, I only see the bad things and don't notice any of the good things.
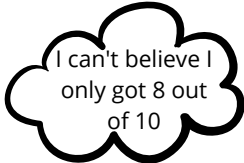
feelings

I feel bad so that means today will be bad

If I notice negative feelings in myself or by body, I automatically think that it means something bad is happening.

mountains & molehills

I can't believe I only got 8 out of 10

I tend to take more notice of the negative things in a situation and down play the positive things.

memories

Something bad happened here so something bad will happen again

Some things trigger my negative memories which makes me think something bad will happen again now.

black&white thoughts

This day is ruined now

I usually think things are either really good or really bad with nothing in between.

mind reading

They think I look silly
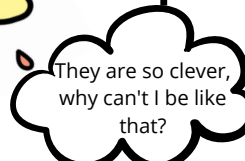
I assume I know what other people are thinking and this is usually negative things about me.

compare & despair

They are so clever, why can't I be like that?

I notice positive things about other people but then compare myself negatively to them.

self critical

I'm stupid

I am very critical of my own abilities and about myself.

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