

## Forms of Unhelpful Thinking

<b>Overgeneralising</b>	
<b>Catastrophising</b>	
<b>Filtering</b>	
<b>Jumping to conclusions</b>	
<b>Magnifying</b>	
<b>‘Yes, but...’</b>	
<b>‘Should’ statements</b>	
<b>Name calling</b>	
<b>Personalising</b>	
<b>Fortune telling</b>	