


UNHELPFUL THINKING STYLES

Sometimes our brains have a mind of their own especially when it comes to negative thinking. If you are not careful your brain feed might look a little like this...



●●●○○
9:41 PM
🔋

<
your_brain
⋮



Your Brain
The unhelpful thinking styles that you need to overcome in order to develop positive thinking habits. [#unhelpfulthinking](#) [#trainyourbrain](#)

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me: they didnt respond because they're busy don't jump to any conclusions
my brain:



♡ 👤 ▼

your_brain JUMPING TO CONCLUSIONS
There are two types of jumping to conclusions.
1. Mind reading- imagining we know what others are thinking 2. Fortune telling- predicting the future


NOT SURE IF LABELLING SOMEONE AS 'POLITICALLY INCORRECT' IS POLITICALLY CORRECT...



♡ 👤 ▼

your_brain LABELLING
Unreasonably assigning labels to ourselves or others. I'm stupid or I'm hopeless

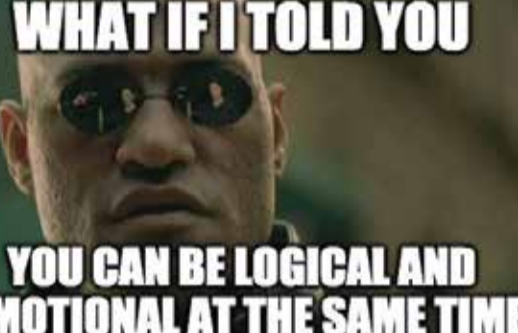
how my brain works.



♡ 👤 ▼


your_brain ITS ALL OR NOTHING 100
Thinking you have to do it right or not at all. Thinking if it's not perfect you have failed

WHAT IF I TOLD YOU YOU CAN BE LOGICAL AND EMOTIONAL AT THE SAME TIME



♡ 👤 ▼

your_brain EMOTIONAL REASONING
When we mistake our emotions for facts concluding that if we feel a certain way it must be true. I'm stressed so I obviously can't handle it.


 **cole**
@Fourlocole

When i say "the other day" it can be anytime between yesterday and my birth

♡ 👤 ▼

your_brain OVER GENERALIZING
When the truth is stretched too far leading to inaccurate conclusions or a lack of clarity. Only bad stuff happens to me


I'M JUST SAYING IT'S HURTFUL...



♡ 👤 ▼

your_brain THE BLAME GAME
Personalizing or taking responsibility for something that is not your fault. Or blaming others for something that was your fault.

BREAKING NEWS




SOMETHING IRRELEVANT TO YOUR LIFE JUST HAPPENED AND NOW WE ARE GOING TO BLOW IT OUT OF PROPORTION FOR DAYS TO KEEP YOU DISTRACTED FROM WHAT'S REALLY GOING ON.

♡ 👤 ▼

your_brain BLOWING THINGS OUT OR PROPORTION
Magnifying issues to be bigger than what they actually are or inappropriately making other issues seem less important when they should be

CONSPIRACY THEORIES




CONSPIRACY THEORIES EVERYWHERE

♡ 👤 ▼

your_brain MENTAL FILTER
Only paying attention to certain types of information and evidence. Focusing on our failures and ignoring the positives

I THINK PEOPLE WHO USE THE WRONG WORD SHOULD HAVE THE HUMIDITY TO ADMIT IT



♡ 👤 ▼

your_brain CRITICAL WORDS
Using words like must and should or just can make us feel inadequate or guilty creating a sense of failure. When we apply the same words to other people it can also lead to frustration



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CONSPIRACY THEORIES



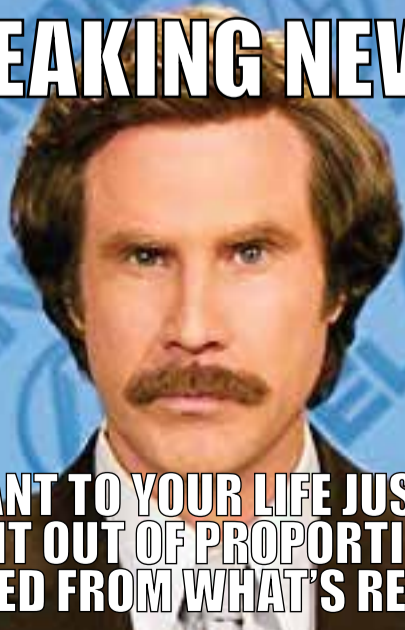
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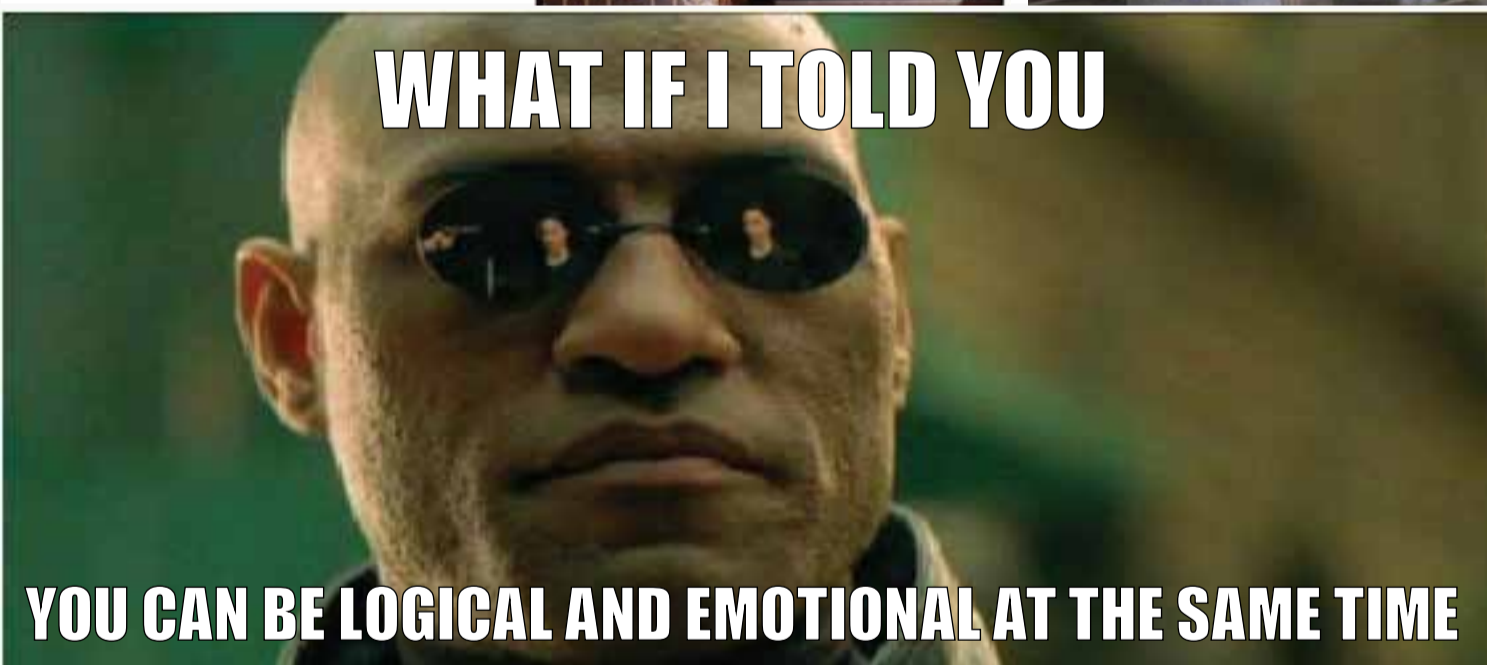
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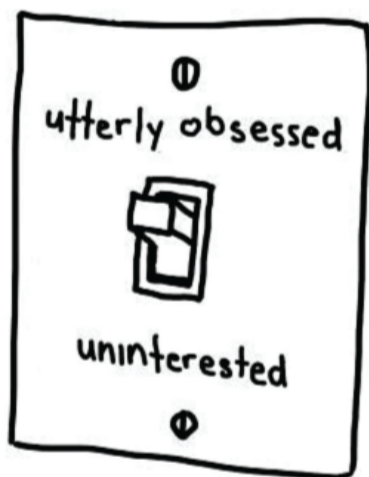
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