

UNHELPFUL PATTERNS OF THINKING

(Taken from the book by David Burns M.D. – “FEELING GOOD: The New Mood Therapy”)

1. All or Nothing thinking: You look at things in absolute, black and white categories.
2. Overgeneralization; You view a negative event as a never-ending pattern of defeat.
3. Mental filter: You dwell on the negatives and ignore the positives.
4. Discounting the positives: You insist that your accomplishments or positive qualities don't count.
5. Jumping to conclusions: You conclude things are bad without any definite evidence. A) Mind reading: you assume that people are reacting negatively to you ... or B) Fortune-telling: you predict that things will turn out badly.
6. Magnification or minimization: you blow things way out of proportion or you shrink their importance.
7. Emotional reasoning: You reason from how you feel: “I feel like an idiot, so I must be one.”

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8. “Should” statements: You criticize yourself or other people with “shoulds”, “shouldn’ts”, “musts”, “oughts”, and “have-tos”.
9. Labeling: Instead of saying, “I made a mistake,” you tell yourself, “I’m a jerk”, or “a loser”. (this may be applied to others too).
10. Blame: You blame yourself for something you weren’t entirely responsible for, or you blame other people and overlook ways that you contributed to a problem
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OTHER RESOURCES:

1. Toronto Star; Oct. 31 Steve McKinley [“No Easy Ride; COVID 19 is a long road. How a psychology prof, a restaurant owner and a musician are coping”](#)
2. Coursera - Free online University Courses: The one I referenced was with Professor Steve Joordens at U of T. and is entitled [“Mind Control: Managing Your Mental Health During COVID 19”](#)