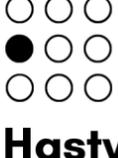
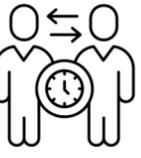


# 20 Unhelpful Thinking Styles

|   |   |   |  |
|---|---|---|--|
|  <p><b>Binary Thinking</b><br/>Seeing the world in black and white, with no middle ground.</p> |  <p><b>Magnification &amp; Minimization</b><br/>Exaggerate or downplay situations excessively.</p> |  <p><b>Jumping to Conclusions</b><br/>Make assumptions without sufficient evidence.</p>       |  <p><b>Selective Attention</b><br/>Focusing on a single detail while ignoring the bigger picture.</p> |
|  <p><b>Catastrophizing</b><br/>Assuming the worst possible outcome in any situation.</p>       |  <p><b>Mind Reading</b><br/>Believing you know what others think without confirmation.</p>         |  <p><b>Positive Dismissal</b><br/>Discounting positive experiences or feedback.</p>           |  <p><b>Hasty Generalization</b><br/>Drawing broad conclusions from limited data.</p>                  |
|  <p><b>Emotional Logic</b><br/>Believing something is true because it feels true.</p>        |  <p><b>Rationalization</b><br/>Justifying harmful behaviors or thoughts.</p>                     |  <p><b>Blame Shifting</b><br/>Attributing negative outcomes solely to external factors.</p> |  <p><b>Self-Centered Thinking</b><br/>Assuming everything revolves around you.</p>                  |
|  <p><b>Fortune Telling</b><br/>Predicting negative outcomes without evidence.</p>            |  <p><b>Self-Flagellation</b><br/>Excessive self-blame for things beyond your control.</p>        |  <p><b>Hindsight Bias</b><br/>Overestimating predictability of past events.</p>             |  <p><b>Shoulds &amp; Musts</b><br/>Rigid thinking about how things ought to be.</p>                 |
|  <p><b>Snap Judgments</b><br/>Making quick decisions based on insufficient information.</p>  |  <p><b>Comparative Thinking</b><br/>Constantly measuring yourself against others.</p>            |  <p><b>Labeling</b><br/>Reducing a person to one tough moment or mistake.</p>               |  <p><b>Thought-Action Fusion</b><br/>Thinking is not the same as doing.</p>                         |

## And 10 Ways to Untwist Them

|  |   |   |
|--|---|---|
|  <p><b>Grayscale Thinking</b><br/>Partial successes are still successes, and there's always something to learn.</p> |  <p><b>Evidence Excavation</b><br/>If you think you never do anything right, make a list of things you've done well.</p> |  <p><b>Friend-Mode Thinking</b><br/>Talk to yourself the way you'd talk to a friend with the same problem.</p> |
|  <p><b>Thought Experiments</b><br/>If you're panicking about a heart attack, try running up some stairs.</p>        |  <p><b>Reality Check Survey</b><br/>You might find that what you consider a personal flaw is actually quite common.</p>  |  <p><b>Distortion Detective</b><br/>Debugging your mind reveals cognitive glitches you encounter.</p>          |
|  <p><b>Definition Debugging</b><br/>Vague and harsh terms often fail to withstand careful scrutiny.</p>             |  <p><b>Thought ROI</b><br/>Cost-benefit analysis reveals beneficial mental habits effectively.</p>                       |  <p><b>Multi-Factor Analysis</b><br/>Consider all the factors that contributed to a problem.</p>               |

\*This infographic is intended for educational purposes and client use within the context of therapeutic treatment. It should not be used as a substitute for professional mental health advice, diagnosis, or treatment.

  
**Language Optimization**

Instead of "I shouldn't have done that," try "It would have been better if I hadn't done that."

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