



SMART Tool

IDENTIFYING UNHELPFUL THINKING STYLES

Psychologists have identified a number of typical unhelpful thinking styles. Familiarising yourself with them can help you recognise them quickly so you can challenge them and reframe them as more helpful or balanced thoughts.

1. Mental filter	
2. Jumping to conclusions/ mind reading	
3. Taking it personally	
4. Catastrophising	
5. Black and white thinking	
6. 'Shoulds' and 'musts'	
7. Over-generalising	
8. Labelling	