Appendix X

Thinking Biases

**Catastrophising**
When the worst possible outcome is predicted and magnified
If I make a mistake I will lose my job.
I can feel my heart beating fast. I am going to die.

**Mind reading**
Guessing another person's thoughts
They thought I looked stupid.
She didn't really want to meet up with me.

**Fortune telling**
Predicting a bleak future, without evidence for it
There is no point, I will just fail at it.
I am always going to be like this.
No one will ever love me.

**All-or-nothing (black-and-white) thinking**
Only seeing the extremes, being unable to see the 'grey' area
If I don't get 100 per cent I am a failure.
If he doesn't phone me every day he doesn't love me.

**Discounting the positive**
When positives are viewed as worthless or meaningless
He was just saying that to be nice.
Anyone could have done that.
Note: look out for 'yes buts' in response to positive information.

**Over-generalisation**
A single negative event is viewed as affecting everything, or as a signal that everything will go wrong
The bus didn't turn up, everything is going wrong.
I burnt the cake, the whole party is a disaster.

**Personalisation**
Feeling responsible when not at fault
It's my fault no one is enjoying themselves.
They cancelled the trip because they don't want to go with me.