



Common tricky thinking styles



CRITICAL SELF	BLACK AND WHITE THINKING	SHOULD AND MUSTS	MEMORIES
<p>Self-criticism, blaming yourself, or putting yourself down.</p> <p>Is there another way of seeing this? is this something that I am totally responsible for?</p>	<p>Believing that something or someone can only be good or bad, right or wrong. Not acknowledging anything in between - shades of grey.</p> <p>Is there another way of seeing this?</p>	<p>Thinking or saying 'I should' or 'I must' put pressure on ourselves, and sets up unrealistic expectations.</p> <p>What would be more realistic? Instead try saying "I could..." or "It would be helpful if I...", how does it feel using that?</p>	<p>Situations can trigger upsetting memories leading us to believe the danger is here and now.</p> <p>This is just a reminder of the past, that was then, this is now. It is not actually happening right now.</p>

**WHAT THINKING STYLES DO YOU NOTICE YOU HAVE USED?
IS THERE A MORE BALANCED WAY OF LOOKING AT THE SITUATION?**