



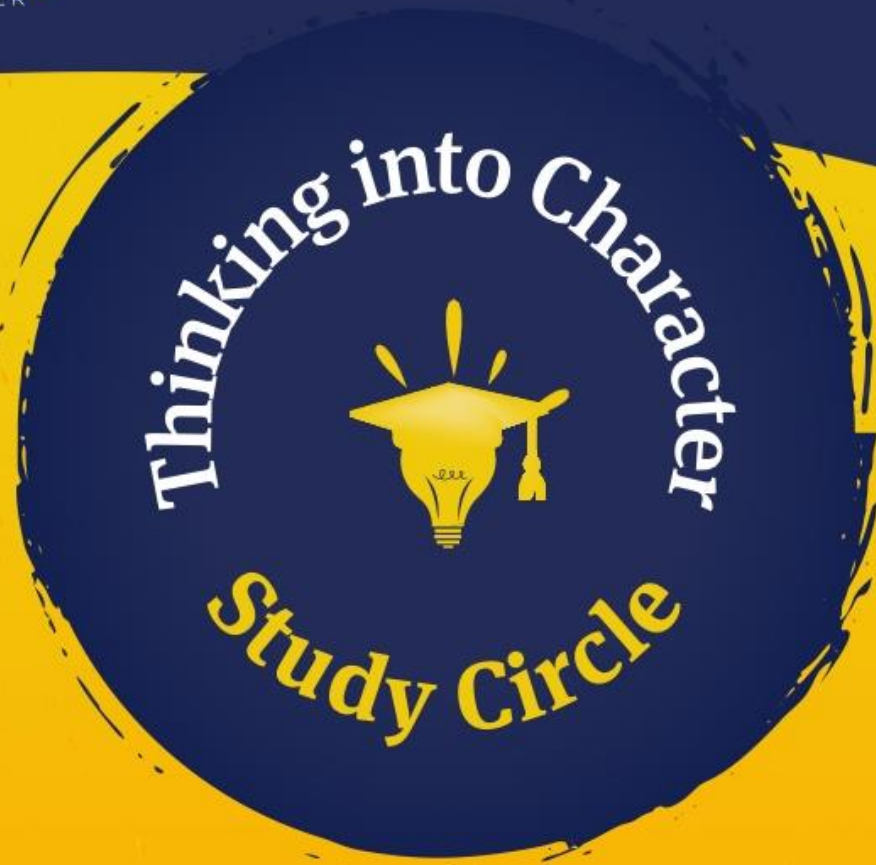
# Thinking into Character Study Circle



  
**Thinking**  
INTO CHARACTER

 **REGENT**  
**COLLEGE**  
LONDON

  
**Thinking**  
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# Lesson 5: Part 1

## Miracle of your Mind





# Unhelpful thinking styles

## All or nothing thinking



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

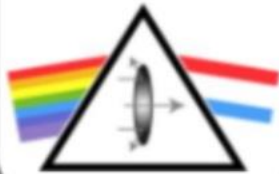
## Over-generalising

*"everything is always rubbish"*

*"nothing good ever happens"*

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

## Mental filter



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

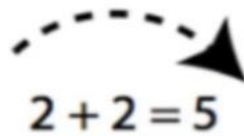
## Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*

## Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

## Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important



Mentimeter:

**What unhelpful thinking style do you use most often and want to challenge**





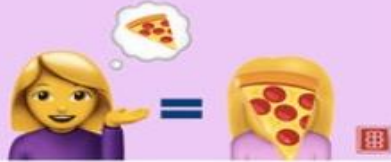
## Discussion point

**Name one of your Unhelpful Thinking Styles which you want to challenge**



## EMOTIONAL REASONING

assuming that because we feel a certain way, that we think must be true



## OVERGENERALIZING

seeing a pattern based upon a single event, or being overly broad in the conclusions we draw



## LABELLING

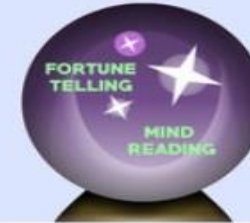
assigning labels to ourselves or other people

Hello  
my name is

STUPID

## JUMPING TO CONCLUSIONS

IMAGINING WE KNOW WHAT OTHERS ARE THINKING OR PREDICTING THE FUTURE



## MAGNIFICATION (CATASTROPHISING) & MINIMIZATION

blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important



"DON'T MAKE A MOUNTAIN OUT OF A MOLEHILL"

# UNHELPFUL THINKING STYLES



BALANCE  
eating disorder treatment center™

## MENTAL FILTER

ONLY PAYING ATTENTION TO CERTAIN TYPES OF EVIDENCE, NOTICING OUR FAILURES BUT NOT SEEING OUR SUCCESSES



"I AM A FAILURE"

## DISQUALIFYING THE POSITIVE

DISCOUNTING THE GOOD THINGS THAT HAVE HAPPENED OR THAT YOU HAVE DONE FOR SOME REASON OR ANOTHER



## ALL OR NOTHING THINKING



## PERSONALIZATION

blaming yourself or taking responsibility for something that wasn't completely your fault. conversely, blaming other people for something that was your fault.



## SHOULD/MUST

using critical words like 'should,' 'must,' or 'ought' can make us feel guilty, or like we have already failed. If we apply 'shoulds' to other people the result is frustration.

"DON'T SHOULD ON YOURSELF OR OTHERS"





- The way of living - outside in
- The prison of the mind
- The way out
- Check out

## Practice to take home:

- Please read the material from lesson 5 until page 64



As long as the mind clings to belief,  
it is held in a prison.

— Jiddu Krishnamurti —



Again I did a stupid thing  
I made a mistake  
I am fat, ugly, to short, to tall  
I am so bored  
I am always failing  
I can not do it  
I am so stressed  
I know I am going to fail

I have learned **now**  
I am allowed to make a mistake **now**  
I am perfect to me **now**  
I am so excited **now**  
I am successful **now**  
I have done this **now**  
I am so peaceful **now**  
I know I am going to be fine **now**





The brain thinks, but  
the heart knows.

Joe Dispenza



- I am having a burning desire to create a better life to myself
- I am thirsty to create a better life to myself
- I am willing to create a better life to myself
- I am determinate to create a better life to myself
- I am driven to create a better life to myself
- I have power to feel wholeness for the happiness to occur.”
- I feel energy flowing to me from divine source
- I feel energy flowing through me from divine source
- I feel energy flowing around me from divine source
- I am happy, I am well
- I am happy, I am well
- I am happy, I am well
- I am happy, I am well
- I am
- I am
- I am





  
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