



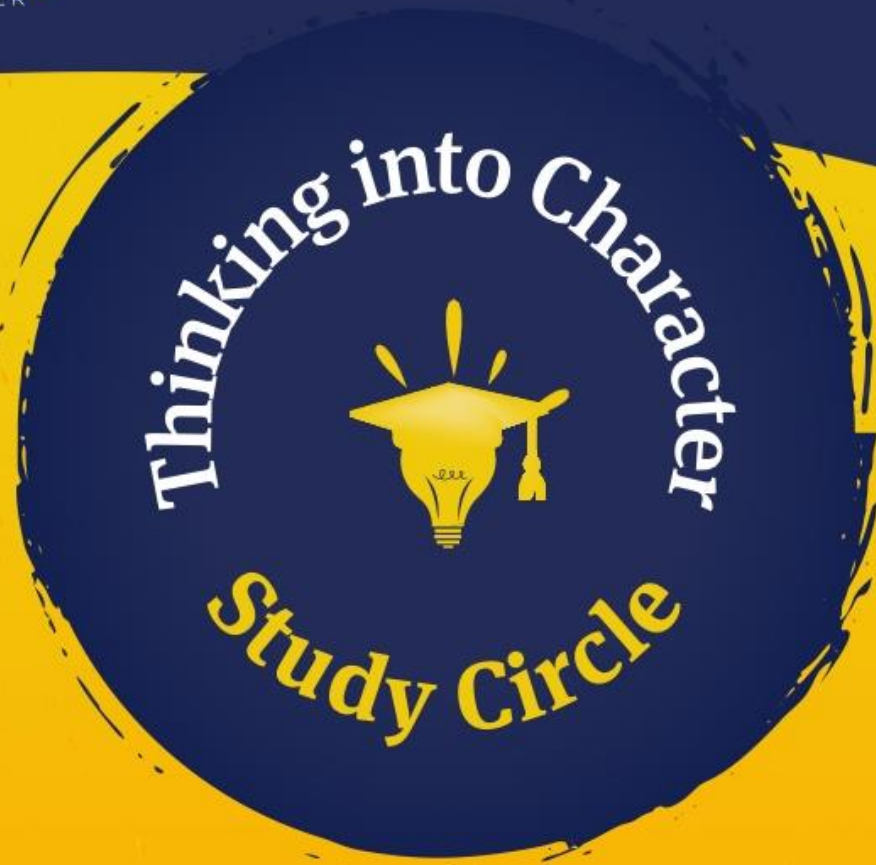
Thinking into Character Study Circle




Thinking
INTO CHARACTER

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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

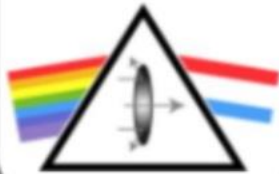
Over-generalising

"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

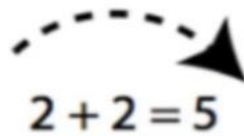
Disqualifying the positive



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



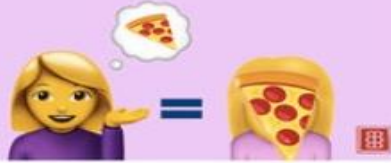
Mentimeter:

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



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"





Discussion point

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

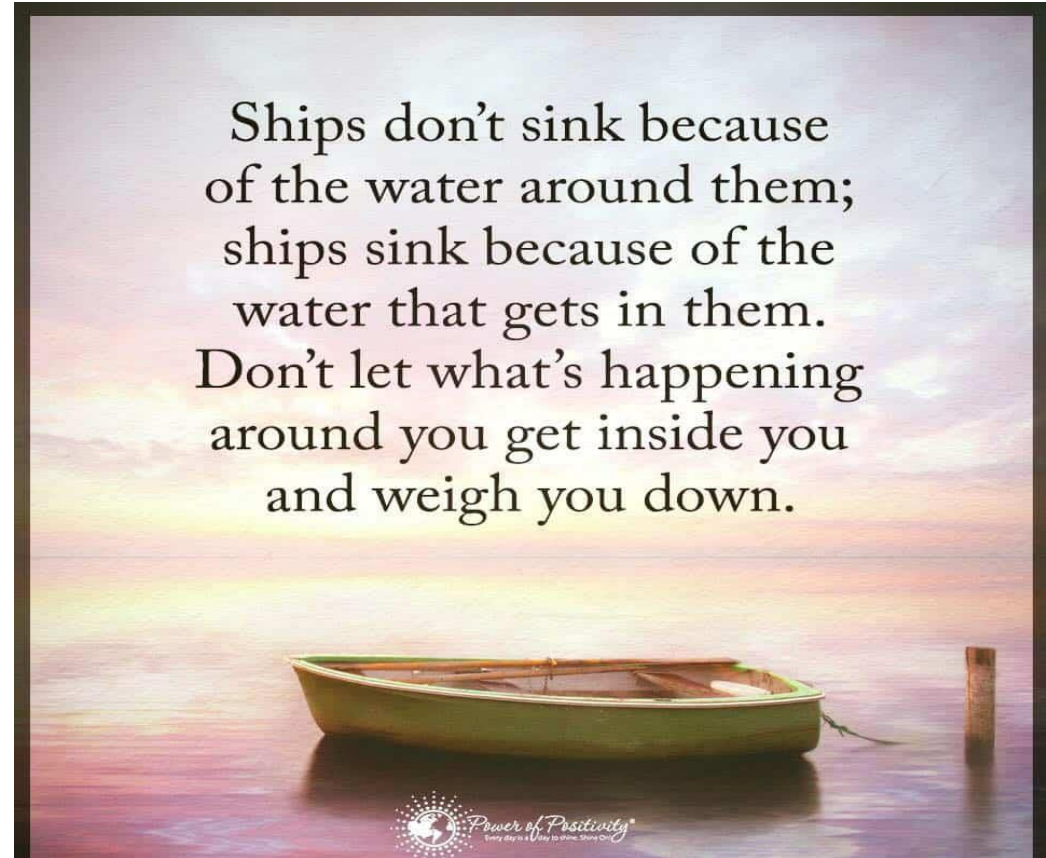




Where the focus goes, the energy flows



Ships don't sink because of the water around them; ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.





Feeling
better
is
the reason to feel
better





THERE'S ONLY **ONE WAY** TO THE OTHER SIDE



Lesson 7, part 2.

1. Review:

- It is okay to be where I am and how I am
- I can choose direction of the energy stream
- Where the focus goes energy flows
- Don't be stingy with yourself

2. Meditation

3. Check out



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