

THE POWER HIVE



COMMON UNHELPFUL THINKING TRAPS

Which do you tend to do the most?

1 Magnification & Minimisation (exaggeration or minimising the importance of events)

2 Catastrophising (seeing only the worst possible outcome of a situation)

3 Overgeneralisation

4 Jumping to conclusions

5 Personalisation

6 Mindreading

7 Fortune telling

8 Disqualifying the positive ('Mental Filter')

