



### 'Negative glasses'

If we think this way we only see the negatives in any situation

The Royal Free Hospital Children's School

# Unhelpful Thinking Cards

Sharing a love of learning  
**ROYAL FREE**  
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## 'Stuck in the future'

If we think this way we often believe we 'know' what will happen



If one thing goes wrong then everything is wrong



### 'Blame me'

When something goes wrong, we may think that it is all our fault.. even when the facts show it's not



### 'Trash Talk'

We can think that everything we do is rubbish... it's never true of course.

## 'Flooding'

When we let our emotions do our thinking for us We may FEEL bad, so we think everything is bad

We sometimes 'Kick Out' the positive things people say about us and tend to 'Keep In' our mind the negative ones

### 'Kick/Keep'

## 'Snowballing'

In our imagination a small problem leads to a bigger one and a bigger one AND A BIGGER ONE (NB: in reality, it very rarely does!)

## 'Magnifying'

Magnifying small problems up into great big ones – it can end up dominating our thinking

I should I shouldn't  
I must I can't

## 'Nothing can Change'

Thinking this way we might believe that some things about us will never change

## 'Mind Reading'

We can sometimes believe we know what other people are thinking about us

## Jumping to Conclusions

Knowing' what is right about something without thinking it through

## 'Blocking the positive'

Not looking for the positives in a situation

# Being WRONG

Can feel uncomfortable but we learn from our mistakes