**THINKING PATTERNS COMMON WITH ANXIETY AND DEPRESSION**

The following are examples of common thinking patterns which occur when struggling with anxiety and depression. It is common to overestimate negative threats and underestimate your ability to cope with a stressful situation.

<table>
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<th>Pattern</th>
<th>Description</th>
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| **BLACK OR WHITE THINKING**     | Pattern of only considering two scenarios. Creative problem solving involves considering at least three options and decreases that likelihood that you are overlooking options.  
*She hasn’t returned my call. She either hates me or didn’t get my message.* |
| **BELIEF FILTER**               | Unchallenged belief which impacts how you process information or view yourself.  
Examples of common filters are:  
1) “I’m stupid.”  
2) “If I gain weight, I’m not beautiful.”  
3) “I have to be wealthy or I’m less than.” |
| **EMOTIONAL REASONING**        | Pattern of allowing your emotions to override your cognitive interpretation of a situation.  
“As a parent, I feel guilty for putting my child in time-out. I feel like I’m a bad mom.” |
| **JUMPING TO CONCLUSIONS**     | Assuming you know what others are thinking or know the outcome of the scenario before it happens.  
“I know exactly how this conversation is going to go.” |
| **LABELING**                   | Using negative labels to describe yourself and others.  
“A sane person wouldn’t have thoughts like this. Am I crazy?” |
| **USING ABSOLUTES**            | Drawing a conclusion based on a singular or repeated event and not considering all the facts. These phrases typically start with words like always or everything.  
“You're always ignoring me!” |
| **SHOULD THINKING**            | Judging yourself based on what you believe a “good person” would do.  
“I know I shouldn’t think this way, but I hate feeling like I have to stay at the party all night.” |
| **BLOCKING INFORMATION**       | Cognitive pattern of not acknowledging the good in a situation or a past success. Such as thinking you will not succeed in a task, even though you have never failed at similar tasks. |
| **SELF-SHAMING OR BLAMING**    | Intense feeling that you are defective and should take responsibility for a negative outcome or situation.  
“That went well, but who am I to think I’m so great. I’m such a joke.” |
| **CATASTROPHIZE**              | Jumping to an extreme conclusion and making the situation more dramatic than it needs to be.  
“I know you think you're only 15 minutes late, but date night is ruined!” |