

# Faulty thinking

One of the best ways of managing stress is understanding yourself and how you tend to think about things.

The following ways of thinking can add to your stress:

- Impostor Syndrome
  - reject and devalue your talents and skills, attributing success to
    - Luck/ being in the right place at the right time
    - Superficial factors such as being 'nice' or 'attractive'
    - Hard work making up for the lack of ability
- Perfectionist
  - Prone to all-or-nothing thinking
  - The best may not even be achievable
  - Often cannot finish a task
- Pessimist
  - Self fulfilling - Even when things go right it's a fluke
  - Self-blame and wallowing

More faulty thinking:

- Mind reading - *"X didn't acknowledge me so I must have done something wrong"*
- Fortune telling - *"I just know it will fail"*
- Magnification/Catastrophising *"This is going to be a Total Disaster"*
- Generalising/Personalising – *"These things always happen to me"*
- All or nothing thinking – *"I must do well otherwise it's not worth doing"*
- Destination addiction – *"I can't enjoy the moment because I haven't reached the goal yet"*
- *You can probably think of others!*

Manage your mind:

- Identify faulty thinking
- Recognise connections between thoughts, emotions and behaviours
- Identify and monitor *dysfunctional* automatic thoughts
- Evaluate the *reasonableness* of automatic thoughts
- Substitute other, *realistic* interpretations