

## Thinking Styles and Pitfalls

Pessimists	Optimists
<p>Pessimists tend to assume that the reason for a negative event occurring is:</p> <ul style="list-style-type: none"><li>• global (due to general characteristics rather than specific causes)</li><li>• permanent (it won't change)</li><li>• personal (their own fault, rather than due to external circumstances)</li></ul>	<p>Optimists tend to assume the reason is:</p> <ul style="list-style-type: none"><li>• specific</li><li>• temporary or changeable</li><li>• external (caused by others, circumstances, luck)</li></ul>

## Common Thinking Pitfalls

**Jumping to conclusions**

**Making assumptions without evidence or facts**

**Mind reading**

**Assuming that you know what other people think/ want/feel**

**Catastrophizing**

**Imagining a small event or situation is a disaster**

**Tunnel vision**

**Accepting only information that confirms your belief, ignoring information that contradicts your belief**

**Over-generalizing**

**Thinking in absolutes (always, never, everybody)**