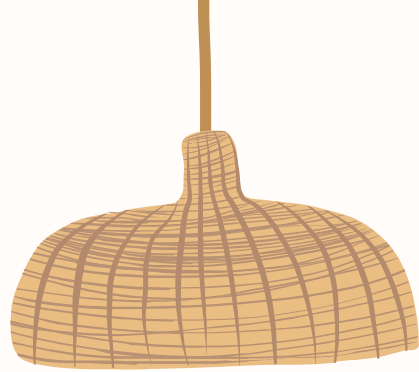


SIDE BY SIDE NUTRITION

**Unhelpful Thinking Styles:
Eating Disorder Recovery**



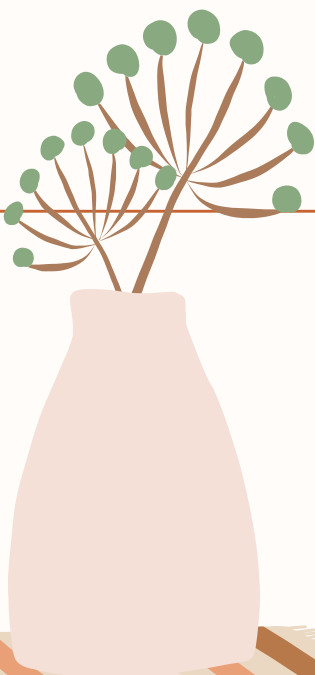


OBJECTIVES

In Cognitive Behavioral Therapy (CBT), clients work to bring awareness to their unhelpful thinking styles, or cognitive distortions, that keep them stuck in their eating disorder. These unhelpful ways of thinking are so automatic to our brains so many times, we are not even aware of them and how they affect us! It is helpful to learn about the 10 most common cognitive distortions so we can learn about our relationship with them.

Identifying the unhelpful thinking styles that you may use in relation to how you feel or think about food is a good way to develop a more respectful and trusting relationship with food.

Through this journal, you will have the chance to dive deeper into understanding how these unhelpful ways of thinking may be affecting your relationship with food and body.



Mental Filter

This thinking style involves a filtering in and filtering out process – a sort of tunnel vision, focusing on only 1 part of a situation and ignoring the rest. Usually, this means looking at the negative parts of a situation and forgetting the positive parts, and the whole picture is colored by what may be a single negative detail.

I experience mental filtering...

Some examples of this are:

I will try and decrease mental filtering by...

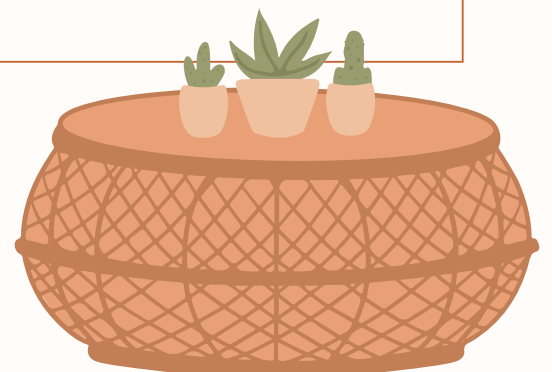


Jumping to Conclusions



We jump to conclusions when we assume that we know what someone else is thinking (mind reading) and when we make predictions about what is going to happen in the future (predictive thinking).

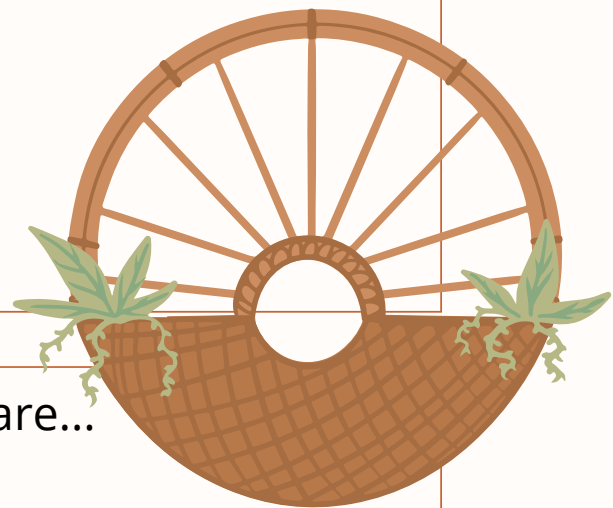
Three Examples of how I have recently jumped to conclusions about food, body, and/or my recovery:



Personalisation

This involves blaming yourself for everything that goes wrong or could go wrong, even when you may only be partly responsible or not responsible at all. You might be taking 100 per cent responsibility for the occurrence of external events.

I experience personalisation when...



The ways in which this affects me are...



Catastrophising

Catastrophising occurs when we blow things out of proportion, and we view the situation as terrible, awful, dreadful, and horrible, even though the reality is that the problem is quite small.

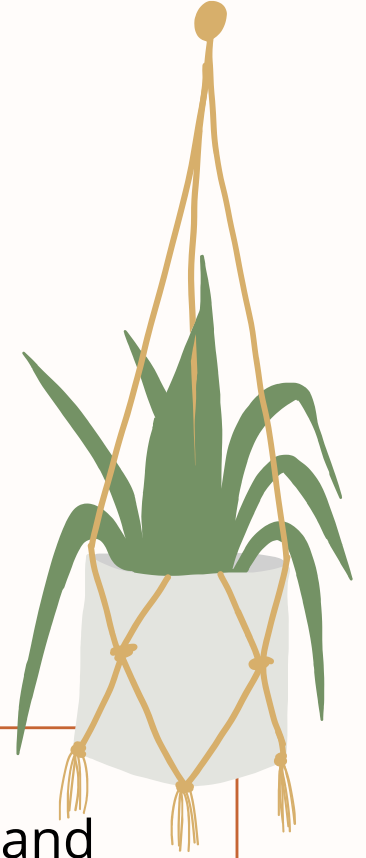
I catastrophize when...

When I do this, it makes me feel...



Black and white thinking

This thinking style involves seeing only 1 extreme or the other. You are either wrong or right, good or bad and so on. There are no in- betweens or shades of grey.



The last time I experienced black and white thinking was ...



Shoulding and musting

Sometimes by saying “I should...” or “I must...” you can put unreasonable demands or pressure on yourself and others.

Although these statements are not always unhelpful, they can sometimes create unrealistic expectations.

I experience shoulding and musting when...

Some examples of this are:

I will try and decrease this by...



Overgeneralisation



When we overgeneralize, we take 1 instance in the past or present and impose it on all current or future situations. If we say “You always...” or “Everyone...”, or “I never...” then we are probably overgeneralizing.

Three Examples of how I have recently overgeneralized about food, body, and/or my recovery:

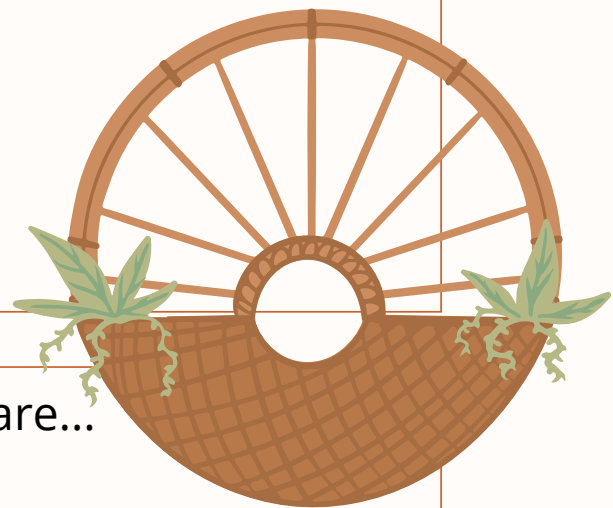


Labelling

We label ourselves and others when we make global statements based on behavior in specific situations.

We might use this label even though there are many more examples that aren't consistent with that label.

I experience labeling when...



The ways in which this affects me are...



Emotional reasoning

This thinking style involves basing your view of situations or yourself on the way you are feeling. For example, the only evidence that something bad is going to happen is that you feel like something bad is going to happen.

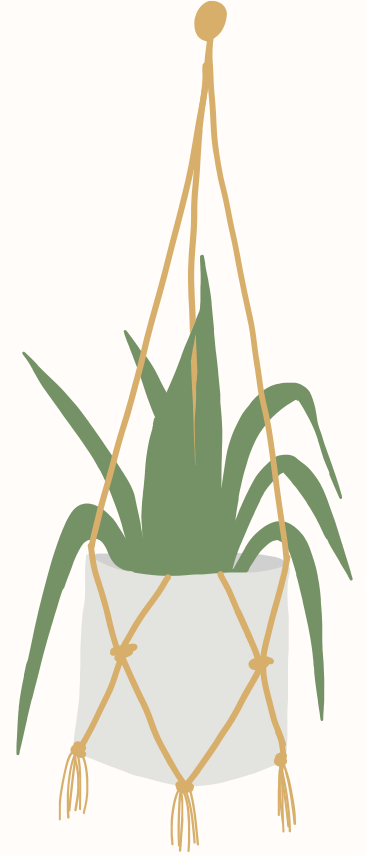
I catastrophize when...

This is unhelpful because...



Magnification and minimisation

In this thinking style, you magnify the positive attributes of other people and minimise your own positive attributes. It's as though you're explaining away your own positive characteristics.



The last time I experienced magnification
and/or minimisation was...

