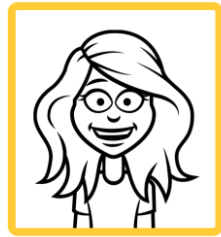# TEN COMMON UNHELPFUL APPRAISAL STYLES

BINDER

AND HOW TO CHALLENGE THEM!

Unhelpful Appraisal Style	Example	More Helpful Alternatives
1. Mental Filter Only focusing on part of the situation and ignoring the rest. This can often be focusing on the negative parts and ignoring the positive parts.	*"She's late… she's not coming."*	**Consider the whole picture:** *"Wait, she also readily texted with me over the whole week. She seemed pretty keen to meet."*
2. Jumping to Conclusions When we assume that we know what someone else is thinking ("mindreading") and jump to conclusions about what might happen next.	*"She's late… I bet she couldn't care less about me."*	**Ask yourself how you know this:** *"Wait, how do I know this? All I know is that she's a bit late. I don't yet know why she is late."*
3. Personalisation Blaming yourself for everything that goes wrong.	*"It's my fault she's not coming. I'm just not an interesting person."*	**Find all the causes:** *"Maybe it has nothing to do with me. Maybe Apple Maps just sent her the wrong way."*

Unhelpful Appraisal Style	Example	More Helpful Alternatives
4. Catastrophising Blowing negative things out of proportion.	*"I'm waiting here like an idiot. This is the worst thing ever."*	**Put it in perspective by considering all possible outcomes:** *"Well… it's not ideal but it could be worse."*
5. Black and White Thinking Only seeing one extreme or the other, while ignoring the shades of grey in between.	*"Being late is inconsiderate, full stop."*	**Find the shades of grey in between:** *"Ok, maybe being late isn't always because they're inconsiderate. Sometimes you can't help it."*
6. Shoulding and Musting Putting unreasonable expectations on yourself with "I should…" and "I must…" statements. These statements are not always unhelpful, but they can often create unrealistic expectations.	*"I should have picked a better bar to meet. I must be more charismatic with women."*	**Be flexible:** *"No one's perfect. I guess I picked a decent place, and she kept replying to my messages so I couldn't be that uncharismatic."*
7. Overgeneralisation Taking one instance and applying it to all present, past or future situations.	*"No one wants to date me. I'll always be alone."*	**Be specific:** *"Right now I'm single, waiting for a date. That doesn't mean it will always be like this."*
8. Labelling Making global statements based on behaviour in specific situations. This can often lead to ignoring things which do not fit with the "label" we have given it.	*"Only a selfish person would be late like this."*	**Consider the whole picture:** *"Just because you're late doesn't necessarily mean you're selfish. Sometimes it can't be helped."*

Unhelpful Appraisal Style	Example	More Helpful Alternatives
9. Emotional Reasoning Basing your appraisals of a situation on how you feel.	*"I felt a bit weird and jittery before leaving the house for this date. I knew this was my body telling me that something bad like this would happen."*	**Consider the evidence of the situation regardless of how you feel:** *"It's ok. I felt a bit anxious before, but there was no reason to expect that this date will end badly."*
10. Magnification and Minimisation Magnifying the positive attributes of other people and minimising your own positive attributes.	*"She was so funny and smart when we were talking earlier. I barely had anything interesting to contribute."*	**Consider your positives:** *"Sure, I'm no Ryan Gosling eating his cereal, but then, who is? I'm interesting enough to have been messaging her back and forth over the last week. Even made her lol a bunch."*