

你有無鑽牛角尖思想?



× 非黑即白

對事情只有一個絕對的看法，
沒有灰色地帶

“我擺唔到A就係失敗”



× 誘過於己

將問題攬晒上身，覺得自己要對所有
事都負全責

“佢哋笑我都係啱既，係我唔好”



× 感情用事

讓情緒作主導，感覺去判斷事實

“我今日心情唔好，我覺得返去上堂
都無用”



× 貶低成功經驗

睇唔到自己做得好的地方，覺得自
己無咩了不起

“今次考得好都係好彩啫!”



× 大難臨頭

把事情的嚴重性推至災難性程度

“死梗啦，我今日PRESENT咁差，我實畢
唔到業!”



× 妄下判斷

在沒有甚麼理據下，把事情的結果推斷
為負面

“佢今日一句野都唔講，一定係黐左我”



× “應該” 思考

對於任何事情都認為「應該要……」或
「一定要……」

“我一定要捱拖先叫有幸福”



× 以偏蓋全

只發生過一、兩次，就認為「每次都一
樣」，「全部都這樣」

“今朝我又被人鬧，好事永遠都唔會發
生在我身上”



每當有負面思想出現時，嘗試停一停、諗一諗，這些想法有沒有證據支持？
是不是事實的全部？有沒有其他的可能性？
給自己不同的角度去思考，你也可以走出困局，找到正面的思想及處理方法

Do you have cognitive distortions?

✗ Polarized thinking



Things are either "black-or-white."
We have to be perfect or we're a failure — there is no middle ground

"I am a failure if i can't get grade A."

✗ Personalization



Blame oneself or take responsibility for everything

"It's fine that they laugh at me, as I am not good enough."

✗ Emotional Reasoning



Believe that what we feel must be true automatically

" I feel that I could not handle the assignment today as I am sad."

✗ Disqualifying the Positive

Discounting the good experience we achieve

"I am only lucky to pass the examination!"



✗ Catastrophizing



Exaggerate the impact or meaning of single incident

"He breaks up with me. My world is over."

✗ Jump to conclusions



The tendency to make conclusions and predictions based on little to no evidence

"He must be angry with me as he did not say a word to me this morning. "

✗ 'Should' Statement



The tendency to make statements about what you "should" do, what you "ought" to do, or what you "must" do."

"I must have a boyfriend to prove that I am lovable"

✗ Over-generalization



Takes one instance or example and generalizes it to an overall pattern "

"I lost my bag today! Only bad things happen to me."

When you find yourself indulge in negative thoughts, you can ask yourself if any evidences to support your thinking? Is it the whole truth? Any other possibilities ?
Try to look at the problems with different perspectives, it may be easier to find the way out.