

Types of Thinking That Increase Stress and Worsen Concussion Recovery (7 Thinking Patterns to be Aware of and Avoid)

1. Black-and-White Thinking

- Viewing a problem or situation as all or nothing, one extreme or the other – *There's no way I'm getting into college after how I did on that test.*
- This type of thinking is unrealistic because life is rarely completely hopeless or absolutely fantastic – it's usually somewhere in between.

2. Overgeneralization

- Seeing a pattern based on a single event.
- Just because something happened once does not necessarily mean it will continue to happen in the future.
- Using words like “always”, “never”, or “nothing” are clues you may be overgeneralizing – *I'm always going to get a concussion when I play soccer.*

3. Personalization

- Blaming yourself or taking responsibility for something that wasn't completely your fault.

4. Mistaking Feelings for Facts

- Involves confusing feelings with reality – *because I feel stupid I must really be stupid.*
- Assuming that because we feel a certain way, what we think must be true – *I feel embarrassed so I must be an idiot.*

5. Jumping to Negative Conclusions

- Drawing negative conclusions from a situation when there is no evidence to support it – *I've been having headaches for 3 straight days, it's never going to get better.*

6. Catastrophizing

- Assuming a situation has been or will be a complete and total disaster – *I couldn't sleep at all last night, there's no way I get a good grade on my Algebra test today.*

7. Disqualifying the Positive

- Ignoring the good things that have happened or that you have done for some reason or another.
- Only paying attention to the negative things that happen and ignoring the positive.