

# 10 AUTOMATIC NEGATIVE THOUGHTS

## HOLDING YOU BACK

### All or nothing thinking



Also called 'black and white thinking.'

*"If I'm not perfect, I've failed."  
"If I can't finish this, I won't start."  
"The whole thing is bad."*

### Overgeneralizing

**Always...**  
**Never...**  
**Everything...**  
**Nothing...**

Making big conclusions based on a single event or piece of evidence.

*"Nothing good ever happens."  
"I always mess up."  
"This will never work out."*

### Mental Filter



Paying attention to certain kinds of evidence, mostly negative.

- *Noticing our failures more than our successes.*
- *Seeing your weaknesses more than your strengths.*

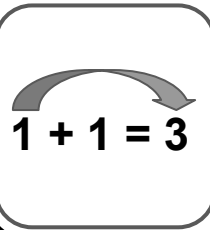
### Discounting the positive



Discounting the good things that happened or that you have done.

*"That doesn't count anyway."  
"It doesn't matter because I still didn't get the job."*

### Jumping to Conclusions



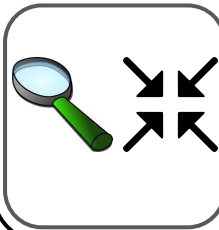
**Making assumptions:**

*"I know he doesn't like me."  
"He hurt me on purpose."*

**Fortune telling:**

*"I'm going to mess up."  
"It won't work."*

### Magnification and Minimisation



Blowing things out of proportion (catastrophizing) *"Everyone will laugh and see me as a fool forever."*

Shrinking something to make it seem less important. *"Giving my mom money wasn't enough. I could have done more."*

### Emotional Reasoning



Assuming that because we feel a certain way, what we think must be true.

*"I feel like a failure. I must be a failure."  
"I feel ugly. I must be."*

### Should and Must Statements

**"SHOULD"**  
**"MUST"**  
**"OUGHT"**  
**"THEY BETTER"**

Using "should", "ought", or "must" statements that set up unrealistic expectations of yourself and others.

*"I shouldn't ever get angry."  
"People should be nice and kind."  
"He must never lie to me."*

### Labeling



Assigning labels to ourselves and other people.

*"I'm a loser." "I'm useless."  
"I'm not smart." "I'm stupid." "I'm so clumsy." "I'm so irresponsible."*

### Personalization



**Blaming yourself** or taking responsibility for something that wasn't completely your fault. Or **blaming other** people for something that was your fault.

