



# 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.

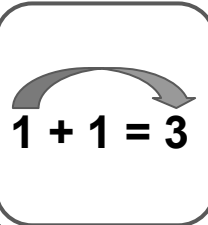
- *Noticing our failures more than our successes.*
- *Seeing your weaknesses more than your strengths.*

## Discounting the positive



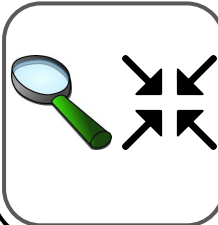
Discounting the good things that happened or that you have done.  
*"That doesn't count anyway."*  
*"It doesn't matter because I still didn't get the job."*

## 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.

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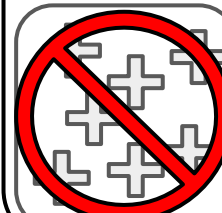
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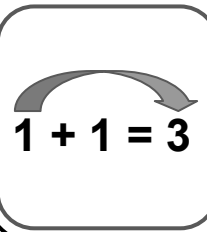
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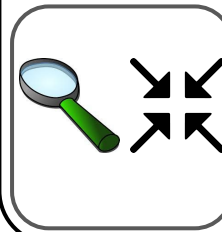
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Name: \_\_\_\_\_ Date: \_\_\_\_\_



# GRIT KIT



## GRIT KIT

Strengths	Accountability
<p><i>How will you use your strengths to help you reach your goal?</i></p>	<p><i>What and/or who will keep you accountable? What consequences will you set for yourself? Who will you tell?</i></p>
Relevant	
<p><i>This goal is extremely important to me for the following three reasons:</i></p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> <p><i>If I don't achieve this goal the consequences in my life will be the following:</i></p>	
Time-bound	
<p>I will complete my goal by _____.</p>	
Roadblocks	
If the following roadblock/failure/discouragement happens	Then I will do the following

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