









10 AUTOMATIC NEGATIVE THOUGHTS

HOLDING YOU BACK

<p>All or nothing thinking</p>  <p>Also called 'black and white thinking.'</p> <p>"If I'm not perfect, I've failed." "If I can't finish this, I won't start." "The whole thing is bad."</p>	<p>Overgeneralizing</p> <p>Always... Never... Everything... Nothing...</p> <p>Making big conclusions based on a single event or piece of evidence.</p> <p>"Nothing good ever happens." "I always mess up." "This will never work out."</p>
<p>Mental Filter</p>  <p>Paying attention to certain kinds of evidence, mostly negative.</p> <ul style="list-style-type: none"> ➤ Noticing our failures more than our successes. ➤ Seeing your weaknesses more than your strengths. 	<p>Discounting the positive</p>  <p>Discounting the good things that happened or that you have done.</p> <p>"That doesn't count anyway." "It doesn't matter because I still didn't get the job."</p>
<p>Jumping to Conclusions</p>  <p>Making assumptions: "I know he doesn't like me." "He hurt me on purpose."</p> <p>Fortune telling: "I'm going to mess up." "It won't work."</p>	<p>Magnification and Minimisation</p>  <p>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."</p>
<p>Emotional Reasoning</p>  <p>Assuming that because we feel a certain way, what we think must be true.</p> <p>"I feel like a failure. I must be a failure." "I feel ugly. I must be."</p>	<p>Should and Must Statements</p> <p>"SHOULD" "MUST" "OUGHT" "THEY BETTER"</p> <p>Using "should", "ought", or "must" statements that set up unrealistic expectations of yourself and others.</p> <p>"I shouldn't ever get angry." "People should be nice and kind." "He must never lie to me."</p>
<p>Labeling</p>  <p>Assigning labels to ourselves and other people.</p> <p>"I'm a loser," "I'm useless," "I'm not smart," "I'm stupid," "I'm so clumsy," "I'm so irresponsible."</p>	<p>Personalization</p>  <p>Blaming yourself or taking responsibility for something that wasn't completely your fault. Or blaming other people for something that was your fault.</p>

