

AUTOMATIC THOUGHTS

ASSUMING

assuming the worst without testing the evidence

SHOULD (MUST / OUGHT)

demands we make of ourselves

FAIRY-TALE FANTASY

demanding the ideal from life

ALL OR NOTHING

holding yourself to the impossible standard of perfection

UNFAVORABLE COMPARISON

magnifying faults, weaknesses, and strengths of others + shrinking your own

CATASTROPHIZING

telling yourself that something is so horrible and we are too feeble to cope

OVERGENERALIZING

deciding that negative experiences describe your life completely

LABELING

giving yourself a label as if it describes a person completely

DWELLING ON THE NEGATIVE

focusing on negative aspects and ignoring the positive

REJECTING POSITIVES

negating positives all together

PERSONALIZING

seeing yourself more involved in negative situations than you really are

MAKING FEELINGS FACTS

taking your feelings as proof of the way things really are

BLAMING

putting all the responsibility of something outside of yourself