

All or Nothing Thinking

“If I don’t do it perfect I have failed.”
Something is either all good or all bad.

Over-generalising

“nothing good ever happens”
believing in a pattern based on 1 or 2 experiences

Mental Filter

“I let the team down because I missed the winning shot”
Noticing failures and ignoring success.
Only paying attention to some types of evidence

Labeling

“I’m unlovable” or “They are an idiot”
putting label on yourself or others

Blaming

“My teachers did not teach me well”
Taking the victim mentality
Not owning your mistakes or sharing the responsibility

Catastrophizing

“I’ll never get in to college if I don’t get an A”
Only seeing worst possible outcome and thoughts become exaggerated

Jumping to conclusions

“everyone will judge me if I walk into class late”
Mind reading: guessing about what others think
Future telling: predicting the future

Emotional Reasoning

“I don’t feel like my teacher likes me therefore they must not like me”
Believing that because we feel a certain way our thoughts must be true

Personalization

“It is my fault that my parents are getting a divorce”
Blaming yourself for things that are completely out of your control

Should Statements

“I should be a better friend”
Using ‘should’ ‘must’ or ‘ought’ statements directed to yourself leaves you with feelings of guilt, shame, or self-loathing