

THINKING ERROR	AUTOMATIC THOUGHT	CHALLENGING THOUGHT
<p><u>All or nothing thinking</u> AKA black and white thinking putting things in terms of all good or all bad</p>	<p>Two categories of thought like “good or bad” or “success or failure” Example: I yelled at my kid so I’m a bad parent</p>	<p>Life has many many categories and not just two. There’s lots in between good and bad! Example: I had a rough day today. I very rarely yell at my kid and usually speak in a loving and kind way. I’m human before I’m a parent.</p>
<p><u>Disqualifying the positive</u> is an extreme of all or nothing thinking.</p>	<p>Any positive is discounted by negative thoughts and beliefs. Example: I only passed that test because it was super easy.</p>	<p>Is it really possible that all my successes were an accident? Does it really make sense that all my failures are my fault, and my feats were not? Example: I passed my test because I studied and knew the material. I passed because I put in the work.</p>
<p><u>Overgeneralizing</u> taking one particular event and generalizing it to the rest of our life.</p>	<p>Words like “always” and “never” are used and applied regularly Example: My coworkers never speak to me in the morning because they don’t like me.</p>	<p>Every person has their own journey including my coworkers. Example: They speak to me at lunch so maybe the morning is just busy for everyone. I’m going to try speaking to them first and see what happens.</p>
<p><u>Filtering</u> out the positive and focusing on the negative</p>	<p>A single negative cancels all the positives. Example: I have a huge pimple on my face and now I’m ugly. Everyone is going to think I’m ugly too.</p>	<p>Think balance!! For every negative I’m going to find two positives! Example: No one is probably even going to notice my pimple because I’m going to smile more than usual today.</p>
<p><u>Mindreading</u> assuming what someone else is thinking, doing or feeling and “knowing” what someone might say, think, feel or behave based on personal emotions</p>	<p>A mental shortcut of making assumptions and inferences that are based on emotions and not on reality. Example: Everyone is going to think I’m stupid because I didn’t know the answer.</p>	<p>I can’t read anyone’s mind! What evidence do I have? What do I gain by thinking this way? Example: There were several people who didn’t raise their hand besides me. I don’t think they’re stupid. So they probably don’t think I’m stupid either.</p>
<p><u>Catastrophizing</u> or predicting the worst possible scenario or outcome</p>	<p>Taking one situation and spiraling downward into the worst possible outcome. Example: My car didn’t start this morning so I probably I’m going to have to buy a new car.</p>	<p>How could I know all the possible outcomes? There are lots of potential ways this situation could go. Example: There are many things that could keep my car from starting. Let me take it to someone who knows about cars to confirm what the problem is.</p>

<p><u>Emotional reasoning</u> emotions and thoughts not based on fact</p>	<p>Thoughts and assumptions based on strong emotions. Example: I'm scared to take my real estate exam so maybe I just shouldn't take the test.</p>	<p>It's important to remind yourself that emotions are not always rational. Example: It's natural to feel scared and have anxiety about doing something new. What is the worst- and best-case scenario that could happen?</p>
<p><u>Labeling</u> people and experiences in a particular category based on one single experience or incident</p>	<p>Putting a name or category on someone because of a single experience. Example: My partner is an idiot for not taking out the trash.</p>	<p>Notice when you try to categorize things and work to avoid placing mental labels on everything. Example: My partner consistently takes out the trash and this week he/she/they forgot. No big deal!</p>
<p><u>Fortune-telling</u> AKA prediction negative thinking that of doom and gloom that can ultimately be self-fulfilling prophecies</p>	<p>None of us can predict the future but because something may have happened previously, I'm basing my thoughts on that event outcome instead of being in the present. Example: If I try being mindful, I'm not going to be able to do it.</p>	<p>There are lots of possible outcomes!! Example: Each experience is separate and different, so I need to allow myself the space to have this experience separate from the last one.</p>
<p><u>Personalization</u> everything is personalized and centered around me rather than looking at other possible factors</p>	<p>The world revolves around me and my thoughts, needs and emotions. Example: I texted my best friend, but I haven't heard back from her yet. She must be mad at me.</p>	<p>Take time to point out other possible factors that may be influencing the circumstances. Example: My friend is busy just like me. She'll return my text when she has time to.</p>
<p><u>Unreal Ideal</u> comparing self to others without thinking about the journey others have been on</p>	<p>There must be something wrong with me because I'm not as successful as other people. Always comparing self to other people's situations and outcomes can kill inner motivation. Example: My YouTube channel only has 100 followers. Why can't I have thousands of followers like other YouTubers?</p>	<p>Rather than measuring your life against someone else's, commit to focusing on your own path to success. Example: How can I improve my channel? What is my motivation? Have I clearly defined what I'm trying to accomplish so people will want to watch?</p>

Examples:

"I have the worst luck in the entire world. "

"I just failed that math test. I'm no good at school, and I might as well quit. "

"She's late. It's raining. She has hydroplaned and her car is upside down in a ditch."