

THINKING ERROR	AUTOMATIC THOUGHT	CHALLENGING THOUGHT
<u>All or nothing thinking</u> AKA black and white thinking putting things in terms of all good or all bad	Two categories of thought like “good or bad” or “success or failure” Example: I yelled at my kid so I’m a bad parent	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.
<u>Disqualifying the positive</u> is an extreme of all or nothing thinking.	Any positive is discounted by negative thoughts and beliefs. Example: I only passed that test because it was super easy.	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.
<u>Overgeneralizing</u> taking one particular event and generalizing it to the rest of our life.	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.	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.
<u>Filtering</u> out the positive and focusing on the negative	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.	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.
<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	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.	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.
<u>Catastrophizing</u> or predicting the worst possible scenario or outcome	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.	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><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."