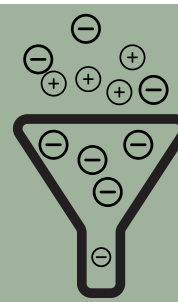


CATEGORIES OF NEGATIVE THINKING



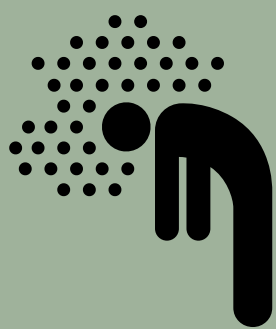
All or Nothing Thinking

Thinking in extremes (can only be at one end of the scale, top or bottom). Not balanced. All good or all bad. Perfect or a failure.



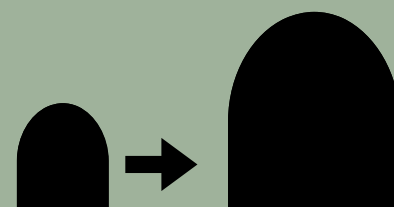
Negative Filtering

Only remember negative events. Filter our positive events. Your cup of life ends up very bitter and negative.



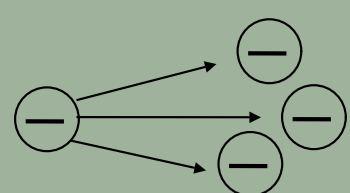
Pessimism

Believing negative things are more likely to happen and positive things are never or hardly ever going to happen.



Exaggerating

Exaggerating problems and the possible harm they could cause, and underestimating your ability to deal with them. "Mountain out of a mole hill"



Overgeneralization

Taking one negative characteristic or event and seeing it as a never ending pattern. He/She doesn't like me --> no one likes me. I couldn't do this one thing. --> I can't do anything.



Labeling

Attaching a negative label, instead of seeing a error or problem. Labels can become self- fulfilling prophecies. "Clumsy" vs. drop things occasionally.



Blaming Oneself

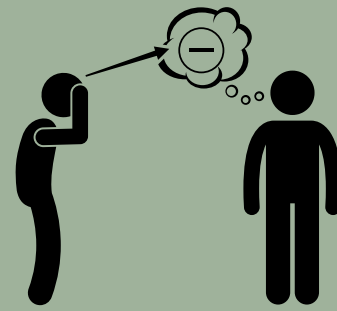
Thinking negative things happen, and they are always entirely your fault.

CATEGORIES OF NEGATIVE THINKING



Not Giving Self Credit

Thinking positive things that happen are either just luck or somebody else's doing and never the results of one's effort.



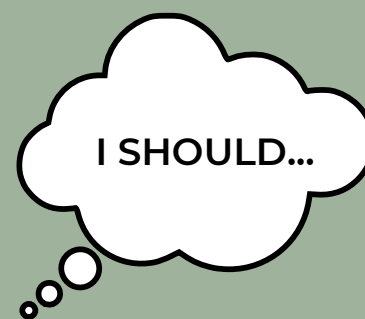
Mind Reading

Thinking that you know what others are thinking, and they are thinking negatively about you.



Negative Fortune Telling

Thinking that you can see how things will be in the future and it is bad.



"Should"ing Yourself

Telling yourself you should, ought, and must do something. Makes you feel forced to do things, controlled, and resentful. Weighing yourself down with "shoulds."