

ALL OR NOTHING

Sometimes called “black & white” thinking, binary thinking, & dualistic thinking.

Ex. “Either I do it right or not at all.”



MENTAL FILTER

Paying attention to bad things & ignoring good things or vice versa. Essentially, it is paying attention to only certain types of evidence.

Ex. Noticing our or others’ failures, but not their success.



JUMPING TO CONCLUSIONS

Jumping to Conclusions involves (1) Mind Reading - imagining we know what others are thinking & (2) Fortune Telling - predicting the future.

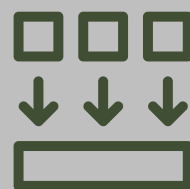
Ex. “I know if I ask him, he’ll say no.” “I bet no one will come to the party.”



OVERGENERALIZING

Seeing a pattern based upon a single or a few events.

Ex. “Nothing good ever happens to me.”



MAGNIFICATION

Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important.

Ex. “I can’t get the job I really want. My life is horrible!”



LABELING

Assigning labels to ourselves or other people & thinking it applies to everything you or other people do.

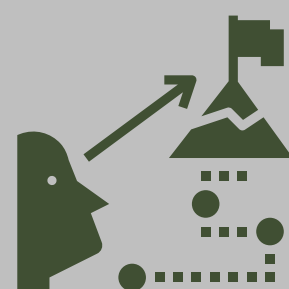
Ex. “I’m so stupid.” “They’re such an idiot.”



SETTING THE BAR TOO HIGH

Thinking that you must be perfect in everything you do, otherwise you’re not good.

Ex. “I will only participate if I will be good at it!”



SELF-BLAME

Blaming yourself or taking responsibility for something that wasn’t completely your fault. Conversely, blaming other people for something that was your fault.

Ex. “Alicia is sad today. I probably did something to upset her.”

