

Twisted Thinking

1. ALL OR NOTHING:
Looking at things in absolute, black & white categories. "Either / Or" thinking.
2. OVER GENERALIZATION:
Viewing a single negative event as a never-ending pattern of defeat.
"Always" and "never" thinking.
3. MENTAL FILTER:
Dwelling on one negative detail, so your vision of an entire situation becomes dark and cloudy, like the drop of ink that discolors an entire glass of water.
4. SELF DISCOUNT:
Insisting that your own positive qualities or accomplishments "don't count."
Difficulty with accepting compliments.
5. JUMPING TO CONCLUSIONS:
A) Mind Reading: You assume that you know what someone else is thinking or feeling, and you react as if it were true.
B) Fortune Telling: You predict a future where things can't change or turn out badly. Creating your own Soap Opera.
6. CATASTROPHIZING:
Blowing things out of proportion, shrinking your importance. Role playing the "King or Queen of Tragedy."
7. EMOTIONAL REASONING:
Reasoning from feelings. "I feel like a failure; therefore I am a failure!"
8. SHOULD:
"Should", "must", "ought to" and "have to" come from a parent or authority figure.
"Should" means "I don't want to, but THEY are making me." Adults don't have "shoulds."
9. SELF LABELING:
Identifying with your shortcomings and mistakes, calling yourself names like "stupid", "loser", "jerk" or "fool," instead of pinpointing the cause of the problem so you can learn from it, or try to correct it.
10. PERSONALIZING AND BLAME:
Blaming yourself for something you weren't entirely responsible for, or how someone else feels. Conversely, you may blame other people, external events, or fate, while overlooking how your own attitudes and behavior may have contributed to a problem.
11. EARMARKING:
Artificially linking two different goals or expectations as if they were one.