

IGNORING POSITIVES

Magnifying all the negative aspects of a situation and disregarding all the positive aspects.

E.G. - When you receive feedback, you only focus on the things you can do better and ignore all the things you do well.

ALL OR NOTHING (POLARIZED) THINKING

Thinking things are only ever good or bad, and that they're only good if they're 100% good.

E.G. - If you deliver a presentation that is good, but you forget a small point, you think it was a total failure.

CATASTROPHIC THINKING

Chaining events together in your mind, expecting everything to become a catastrophe.

E.G. - You're two minutes late leaving home and automatically think everything else that day will be a complete disaster.

PREDICTING THE FUTURE

Anticipating that situations in the future will turn out badly no matter what you do.

E.G. - You have a meeting next week and constantly day-dream about it going dreadfully, regardless of what you do.

MIND READING

Assuming that you know what others think and that it is negative.

E.G. - You're organizing a work social and assume that everyone you invite will decline the event because they dislike you.

PERSONALIZING

Believing that whenever anything bad occurs that you're to blame for it.

E.G. - A colleague is clearly upset, and you automatically think that you must have done something to upset them.

Patterns Of Thinking

Daniel F McAuley



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