

UNHELPFUL AUTOMATIC THOUGHTS

UNREALISTIC	
FORTUNETELLING: You predict the future negatively	“I’m not going to get this job” “That event will be a disaster”
CATASTROPHIZING: You believe that what happened before or may happen in the future will be unbearable, awful, terrible; you blow things out of proportion	“If he approaches me it will be terrible” “I got fired; how awful; reputation is ruined; I’ll never get a job again and I will be poor forever”
SHOULD’S: You focus on what should happen or what is fair rather than focusing on what is. Should’s may apply to others or yourself. Should statements may be intended to motivate but may cause undue pressure.	“He shouldn’t be doing that” “I should be successful with lots of money” “That’s not fair and I can’t accept it” “I should always be right” “I deserve better”
UNFAIR COMPARISONS: You measure events and people against unrealistic standards.	“I should be as wealthy [attractive, intelligent] as him”
SELECTIVE EVIDENCE	
MENTAL FILTERING: (<i>Discounting Positives, Focus on Negatives</i>): You trivialize or ignore the positive things you or others do, and you dwell on the negatives.	“That test was easy so it doesn’t matter” – “That guy was mean to me” – “I’m a terrible cook” -
OVERGENERALIZATION: You view what happened once as a never-ending pattern	“I failed this test; I will always fail” “He won’t date me so nobody will”
INABILITY TO DISCONFIRM: You reject any evidence that may disconfirm or contradict your negative thoughts	Thinking “He thinks I’m incompetent”, then he asks you to do a job—then calling this info irrelevant
ALL-OR-NOTHING / LABELED THINKING	
LABELLING: You assign rigid negative characteristics or labels to yourself or others rather than understanding the complexity of events	“I’m worthless” - “He is evil” “I lost that job; I’m such a failure”
ALL-OR-NOTHING THINKING: You see people and events in all-or-nothing, black-or-white, polarized categories	“Everyone rejects me” – “I failed therefore I’m useless” “That relationship was a complete waste of time”
JUDGMENT FOCUS: You see yourself, others, and events as good or bad rather than simply describing them as they are. You measure yourself up to arbitrary standards and always fall short.	“I’m not good at _____” “I don’t have as many friends as she does” “If I try this, I will fail”
PERSONALIZATION-BLAMING	
MIND READING: You think you know what people are thinking without having any evidence of their thoughts	“He thinks I’m a loser” “She didn’t say hi to me in the mall, she’s mad at me”
PERSONALIZING: You place most of the blame and responsibility for a negative event on yourself	“The relationship ending was all my fault” “He didn’t make it there on time and I feel responsible”
BLAMING: You see the other as the sole source of the problem or your negative emotions. You refuse to take any of the responsibility.	“It’s her fault for not warning me about that appointment” “She made me angry” -- “He pushed my trigger”
REGRET	
REGRET ORIENTATION: You focus on what could have been done differently/ better rather than focusing on what you can do in the future	“I could have saved him if I was a better son” “I would be successful now if I would have chosen that career”
EMOTIONS	
EMOTIONAL REASONING: You let your feelings/ emotions guide your thinking and the way you see events and people.	“I don’t feel like doing this, so I’ll put it off” “I feel guilty, so I must have done something wrong” “I’m overwhelmed, so my problems must be impossible”

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MALADAPTIVE ASSUMPTIONS

Common “Should’s”

- I should... Be successful at everything
- I should... Get the approval of everyone
- I should... Never be anxious [depressed, uncertain, unemployed, homeless]
- I should... Be certain before I try things
- I should... Have an easy life [relationship, job, etc] at all times

Common IF-THEN Assumptions

- **If...** I am not successful here, **then...** I am a failure [worthless, unworthy, etc]
- **If...** I am not successful, **then...** I cannot tolerate [accept] it
- **If...** I am not approved of [appreciated], **then...** I am unloveable [worthless, hopeless, etc]
- **If...** I let my guard down, **then...** something bad will happen
- **If...** people see my emotions [vulnerability], **then...** they will reject me