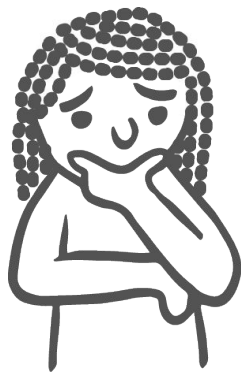


All-or-Nothing Thinking

When you make big generalizations.



Example Thought

All my friends have better lives than me.

Keywords: all, always, never, none, everyone, nobody, etc.

Labeling

When you use negative labels for yourself.



Example Thought

My post didn't get that many likes. I'm a failure.

Mind Reading

When you assume you know what someone else is thinking or feeling.



Example Thought

My friend didn't reply to my text. She is clearly mad at me.

Negative Filter

When you focus only on the negatives.



Example Thought

*I can't stop thinking
about that one
negative comment.*

Shoulds

When you think about what you “should” (or shouldn’t) do or be like.



Example Thought

I should respond to friends' messages immediately.

Keywords: should or shouldn't

Personalizing

When you put the blame on yourself or assume something is about you.



Example Thought

My friend posted that they're feeling sad. It must be my fault.

Fortune-Telling

When you assume you know what's going to happen, and it's going to be bad!



Example Thought

I was up late last night playing video games instead of studying for my test. I know I'm going to fail my test later today.