

Negative Self-Talk

All or Nothing

You place things into black and white categories, ignoring the exceptions and subtle shades of gray. For example, saying to yourself, "I must ace the test or I failed."

Overgeneralization

A few, or even a single, bad experience makes you believe that all similar situations will turn out badly. You see a never ending pattern where exceptions can still exist. For example, saying to yourself, "Since I've failed before, I'll always fail."

Labeling

A form of overgeneralization, often in the form of 'name-calling'. For example, saying to yourself, "I'm a loser. I'm a failure, I'm not smart enough."

Discounting the positives

Positive experiences are disregarded, they "don't count." You minimize your resources, your ability to cope, and possible help from others.

Jumping to Conclusions

This has two categories. First, Fortune Telling: You constantly anticipate and predict future situations will turn out badly, often despite the absence of facts. Secondly, Mind Reading: You assume that you know why and what others are thinking, feeling and doing without proof.

Magnification

You focus on what might be lost and exaggerate either how likely it is to happen or how terrible it will be when it does. For example, saying to yourself, "I'll probably fail" or "It's horrible that I lost."

Emotional Reasoning

You reach conclusions based on your feelings. For example, saying to yourself, "I feel this way so it must be", "it feels terrible, so it must be terrible, "I'll wait until I feel like doing this.

Absolute thinking

A rigid and inflexible type of thinking. Sometimes takes the form of demanding, within yourself, that things should be what they are not. You think with over-simplistic phrases, such as- "should, musts, can't's, have-tos, and oughts." Often a misguided attempt to increase motivation, which instead only produces procrastination, guilt and frustration. For example, saying to yourself, "I can't stand it", "I must do my best all the time", "I can't stand failing.

Mental Filter

You find and then dwell on negatives and other losses. Information that confirms your negative views are seen as proof, while facts that don't fit are seen as rare exceptions and ignored. For example, saying to yourself, "nothing good ever happens to me", "I will always fail", "no one cares about me.

Personalization

You mistakenly believe you are the cause of events and that you're the reason people act and feel as they do. For example, saying to yourself, "I failed my test because my teacher doesn't like me."

Blaming

The opposite of personalization, the reason bad things are happening is because of what the other person is doing or not doing. You overlook your own contributions to the problem.