

All-or-nothing thinking	{	• You view a situation in only two categories instead of on a continuum.
Catastrophizing	{	• You predict the future negatively without considering other, more likely outcomes.
Disqualifying the positive	{	• You unreasonably tell yourself that positive experiences, deeds, or qualities do not count.
Emotional reasoning	{	• You think something must be true because you "feel" it so strongly, ignoring evidence to the contrary.
Labeling	{	• You put a fixed, global label on yourself or others without considering that the evidence does not support such an extreme negative conclusion.
Magnification/minimization	{	• When you evaluate yourself, another person, or a situation, you unreasonably magnify the negative and/or minimize the positive.
Mental Filter	{	• You pay a lot of attention to one negative detail instead of seeing the whole picture.
Mind Reading	{	• You believe you know what others are thinking.
Overgeneralization	{	• You make a sweeping negative conclusion that goes far beyond the current situation.
Personalization	{	• You believe others are behaving negatively because of you and you don't consider other possible explanations.
"Should" and "must" statements	{	• You have a fixed idea of how you or others should behave and you overestimate how bad it is that these expectations are not met.
Tunnel vision	{	• You only see the negative aspects of a situation.