

Distorted THINKING

- All or Nothing – There is NO grey
- Over Generalizing – I, it, they, ALWAYS ...
- Catastrophizing – The absolute worst WILL happen
- Minimizing – Not giving credit where credit is due
- Ignoring Positives
- Fixed Rules – I, You, they, SHOULD ...
- Personalization – It's MY fault
- Predicting – I know how this ends

