AUTOMATIC NEGATIVE THOUGHTS

Every negative event is followed by an automatic negative thought. These negative thoughts can distort how you perceive the world and yourself. Here are ten common automatic negative thoughts people have. Which do you resonate with?

1 ASSUMING

Assuming the worst and jumping to conclusions without evidence to prove your thought. For example, you may assume that your husband is angry at you from a text he sent. However, you don't actually have *real* evidence within the text that he's angry.

2 POLARIZED THINKING

This is very "black and white," all or nothing thinking. This type of thought pattern goes hand in hand with perfectionism. If you did not complete a task perfectly, you consider yourself worthless and incapable. You have to be the very best or else you're the very worst. There's no grey area.

3 SHOULDS

Shoulds are the high expectations you constantly set for yourself. You have an unending list of ways to improve yourself or improve the way you spend your time. For example, "I should go workout" or "I should starting eating right." These thoughts are neither motivating or helpful, rather they just make you feel worse.

4 OVERGENERALIZING

Believing that bad things "always" happen to you and good things "never" do. Taking the evidence of a few bad instances in your life and applying it as the general rule that bad things happen to you. For example, "I never get asked by my friends to hang out. I'm always the one asking them, and they never want to."

5 EMOTIONAL REASONING

Reasoning that, "If I feel this way about something, it must be true." Making feelings facts. For example, "I feel annoying, therefore I must be annoying to people."

6 LABELING

When you give yourself a name or a label that defines you as a whole. Some examples:
"I'm an idiot."
"I'm worthless."
"I'm crazy."

7 BLAMING

Putting all of your emotional pain and hurt on to someone other than you. Rather than owning your own actions, hurt, or struggles it is easy to find someone else to own them for you. For example, "He ruined my life when he broke up with me."

8 CATASTROPHIZING

Exploring the worst possible case scenario and constantly applying it as the expected outcome to the parts of your life. For example, "If I fail this test, my life is over."

9 REJECTING THE POSITIVE

Writing the positive moments of your life in sand while writing the negative moments in stone. Discarding anything positive and only remembering the negative.

10 PERSONALIZING

When the decisions of other people or events in life feel like a personal attack on you. For example, if someone at work is short with you, you'll believe it was something you did wrong or that they do not like you. In reality, your coworker is probably just having a bad day.