

Automatic Negative Thoughts (ANTS)

Cognitive Distortions

All-or-Nothing Thinking



Also called **Black-or-White Thinking**

See things in extremes

If I'm not perfect I have failed.

Over-Generalizing

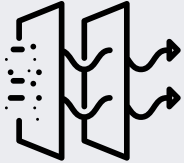


Drawing a broad conclusion based on one event

Using absolutes like Always, Nothing, Never, Everything

*This **always** happens. You **never** care.*

Mental Filter



Only paying attention to certain types of evidence

Noticing failures, but not seeing success

My coach said to improve one thing, I'm doing bad.

Disqualifying the Positive



Downplaying positive actions or qualities

Discounting positive events

That doesn't count, I just got lucky.

Jumping to Conclusions



Mind Reading: Imagining we know what others are thinking

Fortune Telling: Predicting the future

She thinks I'm a bad friend.

Catastrophizing



Assuming the worst possible thing will happen

Failing this test will ruin my life!

Emotional Reasoning



Treating emotions as facts

Because I feel a certain way it must be true

I'm scared, so it's a bad idea to go.

Critical Words

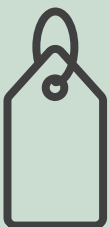


Having a fixed idea of how things should be and overestimating how bad things will be if those expectations are not met

Should, Must, Ought To

You shouldn't be so upset.

Labeling



Generalizing one characteristic and applying it to ourselves or others

I'm a loser. He is heartless.

Personalization



Blaming yourself or taking responsibility for something that wasn't your fault

My parents divorced because of me.