

**IFFY THOUGHTS ARE LESS ACCURATE, UNHELPFUL
WAYS OF VIEWING A SITUATION.**

Play Up

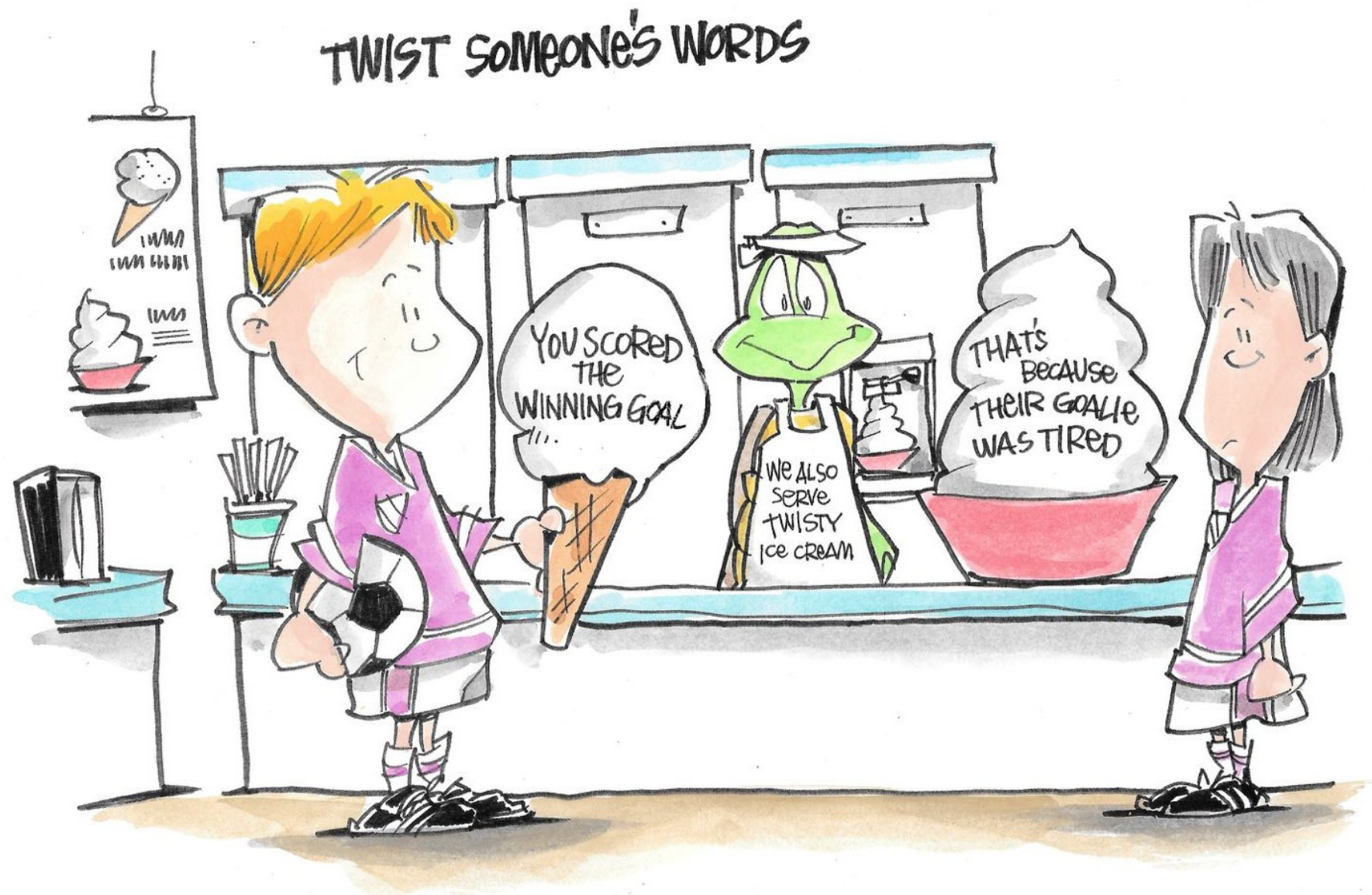


**THINKING THAT YOUR PROBLEM IS WORSE THAN
IT REALLY IS. ALSO, THINKING THAT SOMEONE
ELSE'S SUCCESS IS GREATER THAN IT IS.**

Play Down



**THINKING THAT YOUR ACHIEVEMENTS ARE NO
BIG DEAL. ALSO, THINKING THAT OTHERS'
WEAKNESSES AREN'T SO BAD.**



EXPLAINING AWAY YOUR POSITIVE EXPERIENCES.



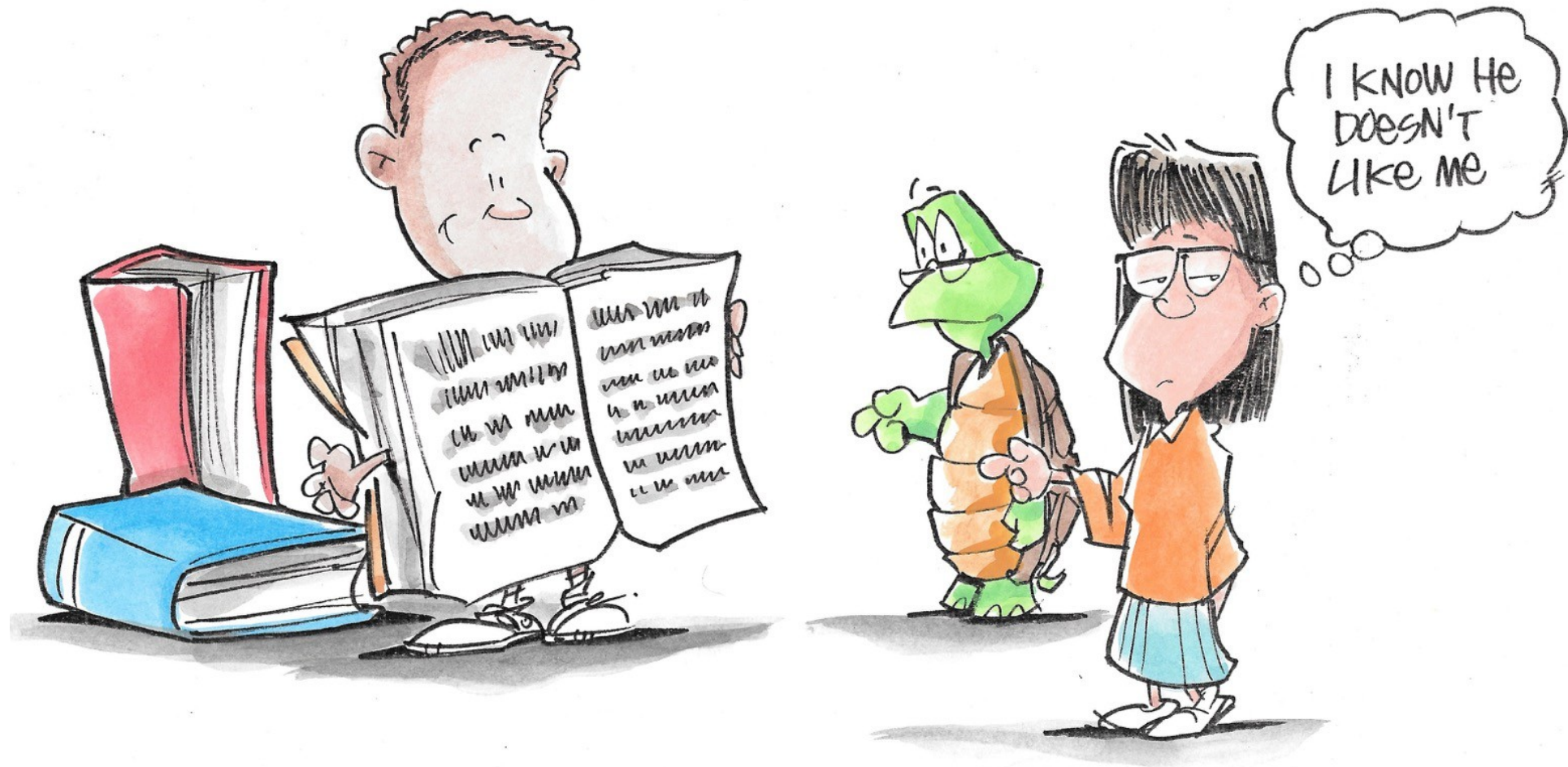
THINKING IS BASED ON NEGATIVE FEELINGS.

Paint Everyone With The Same Brush



WITH LITTLE INFORMATION, YOU USE WORDS LIKE "ALL", "ALWAYS" AND "NEVER" TO FORM YOUR OPINION.

READ SOMEONE LIKE A BOOK



**BELIEVING THAT SOMEONE IS THINKING
NEGATIVELY ABOUT YOU.**



THE HANDWRITING IS ON THE WALL

THINKING THE OUTCOME WILL BE NEGATIVE.



CONSTANTLY REPEATING A NEGATIVE THOUGHT.



Do A 180

THINKING WITH EXTREME WORDS (I.E. EVERYONE OR NO ONE, BEST OR WORST, ETC.).

on Someone's Back



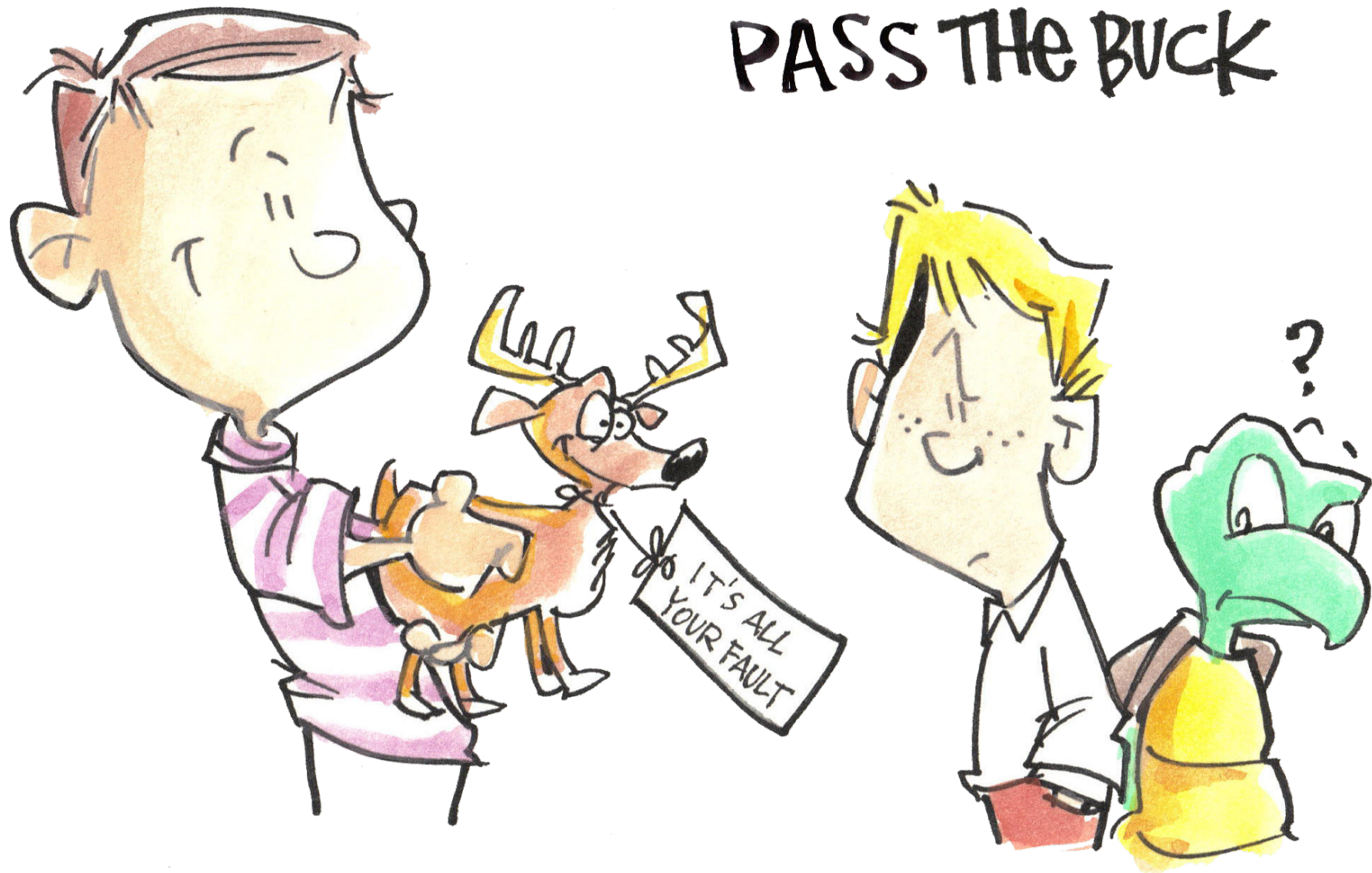
**USING DEMANDING WORDS ON YOURSELF
AND/OR OTHERS (I.E. SHOULD, HAVE TO, GOT
TO, MUST, OUGHT TO, ETC.).**

Lumping Everyone Together



**ATTACHING A NEGATIVE LABEL TO YOURSELF
AND/OR OTHERS BASED ON AN EXPERIENCE.**

PASS THE BUCK



PASSING THE BLAME ONTO SOMEONE ELSE.

LEFT
HOLDING
THE
BAG



TAKING ALL OF THE BLAME.