

Iffy thoughts are less accurate,
unhelpful ways of viewing a
situation.

Play Up

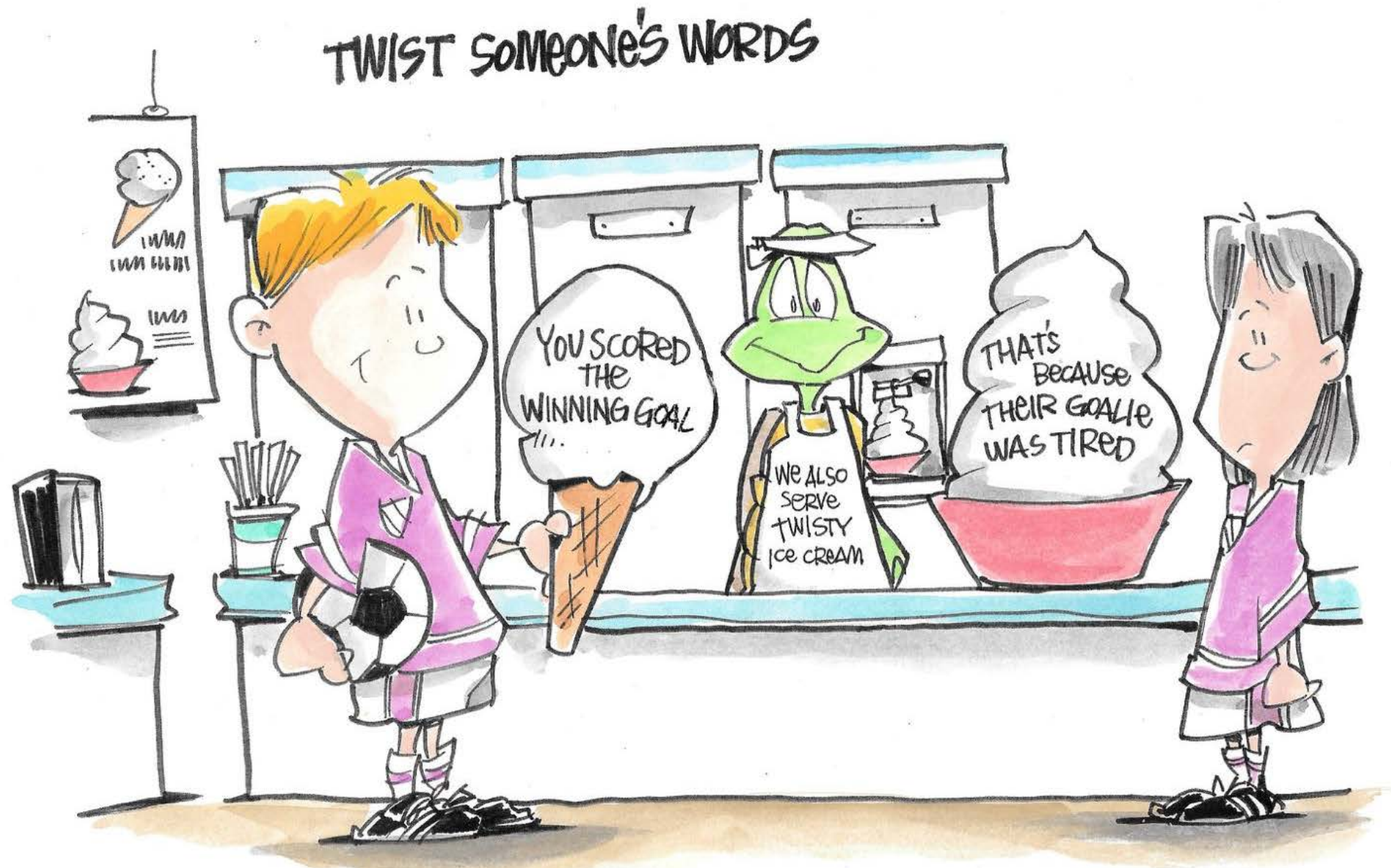


Thinking that your problem is worse than it really is. Also, thinking that someone else's success is greater than it is.

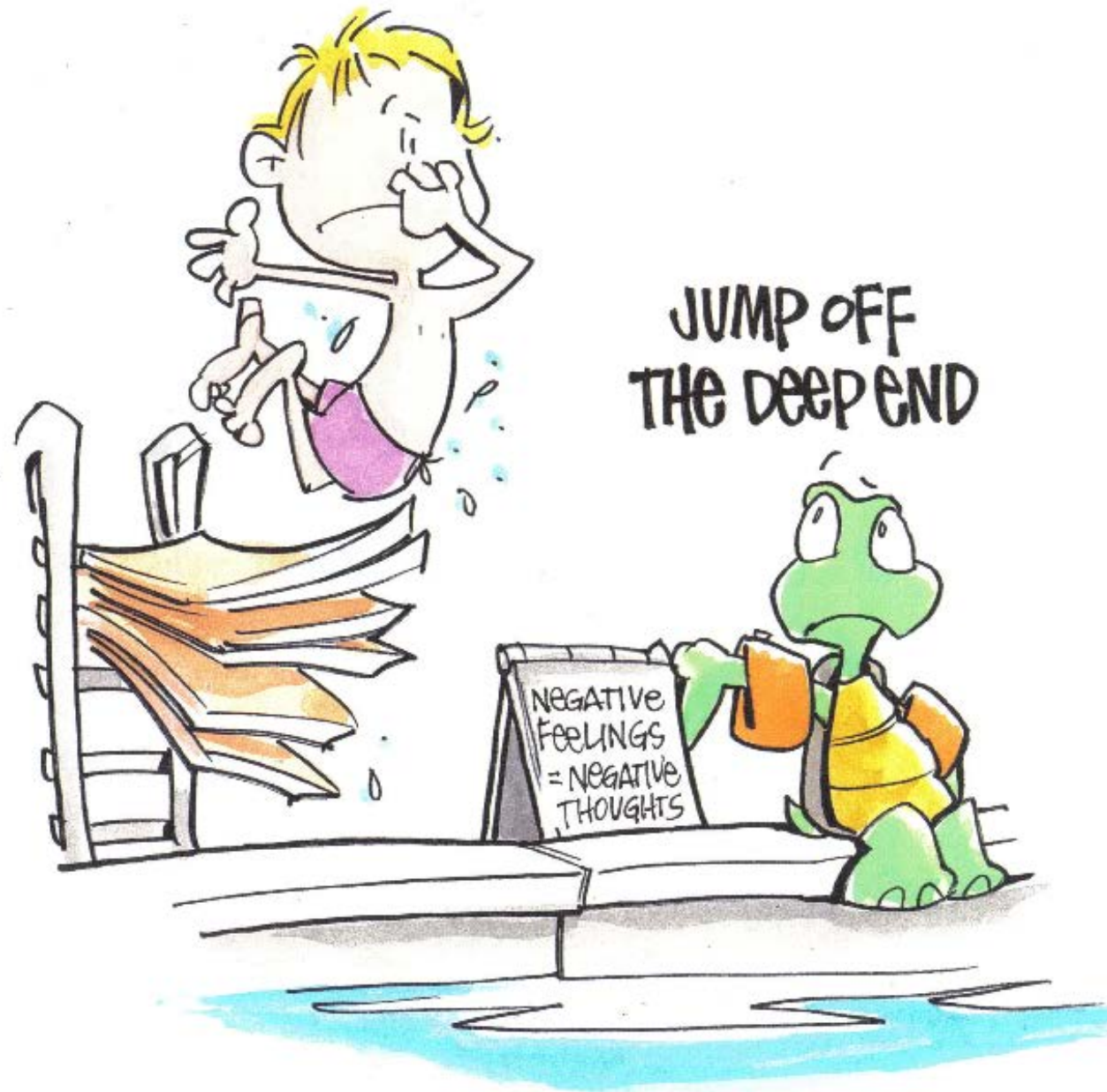
Play Down



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



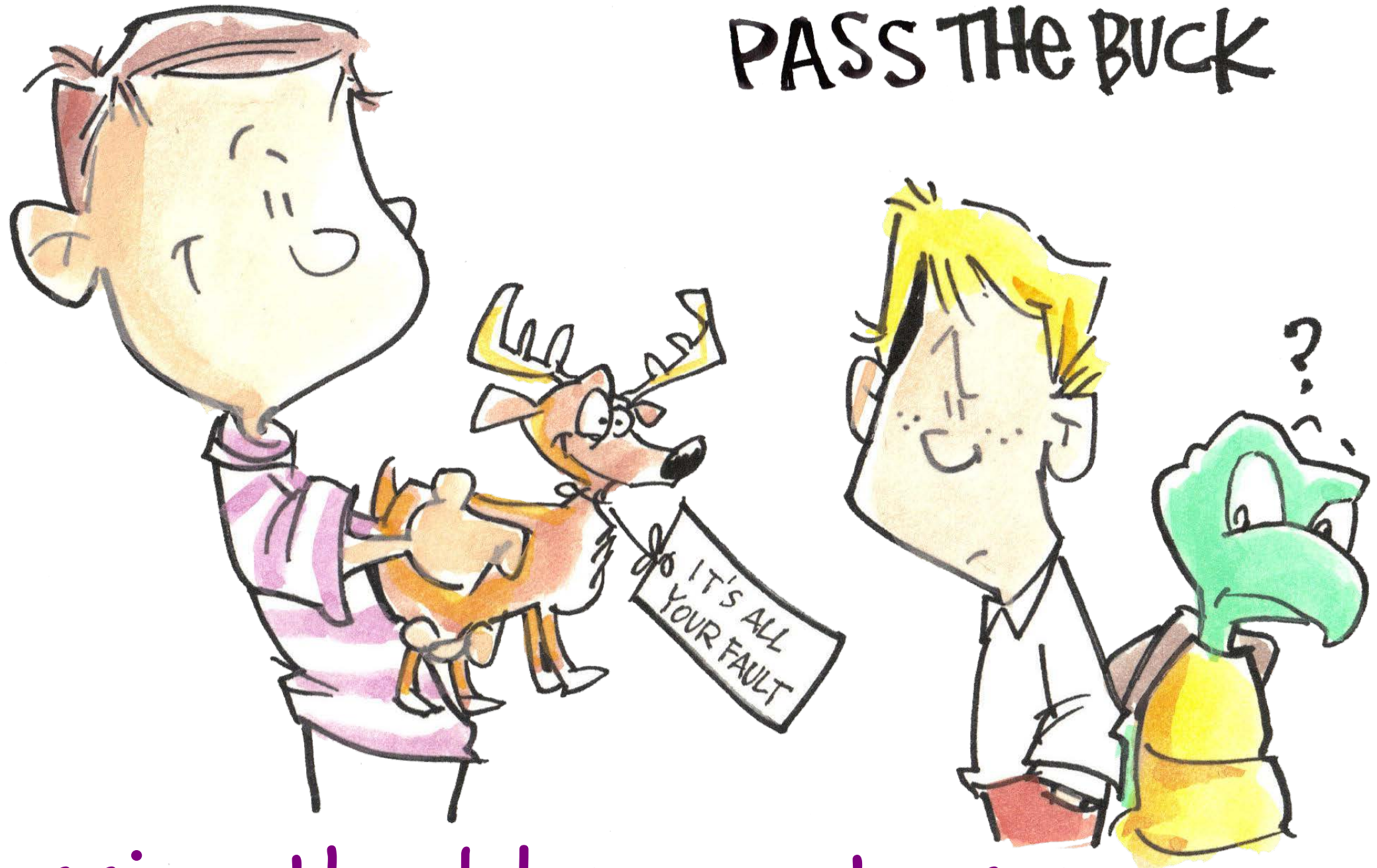
Using demanding words on yourself and/or others (i.e. should, have to, got to, must, ought to, etc.).

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.