

**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.**

## TWIST SOMEONE'S WORDS



**EXPLAINING AWAY YOUR POSITIVE EXPERIENCES.**



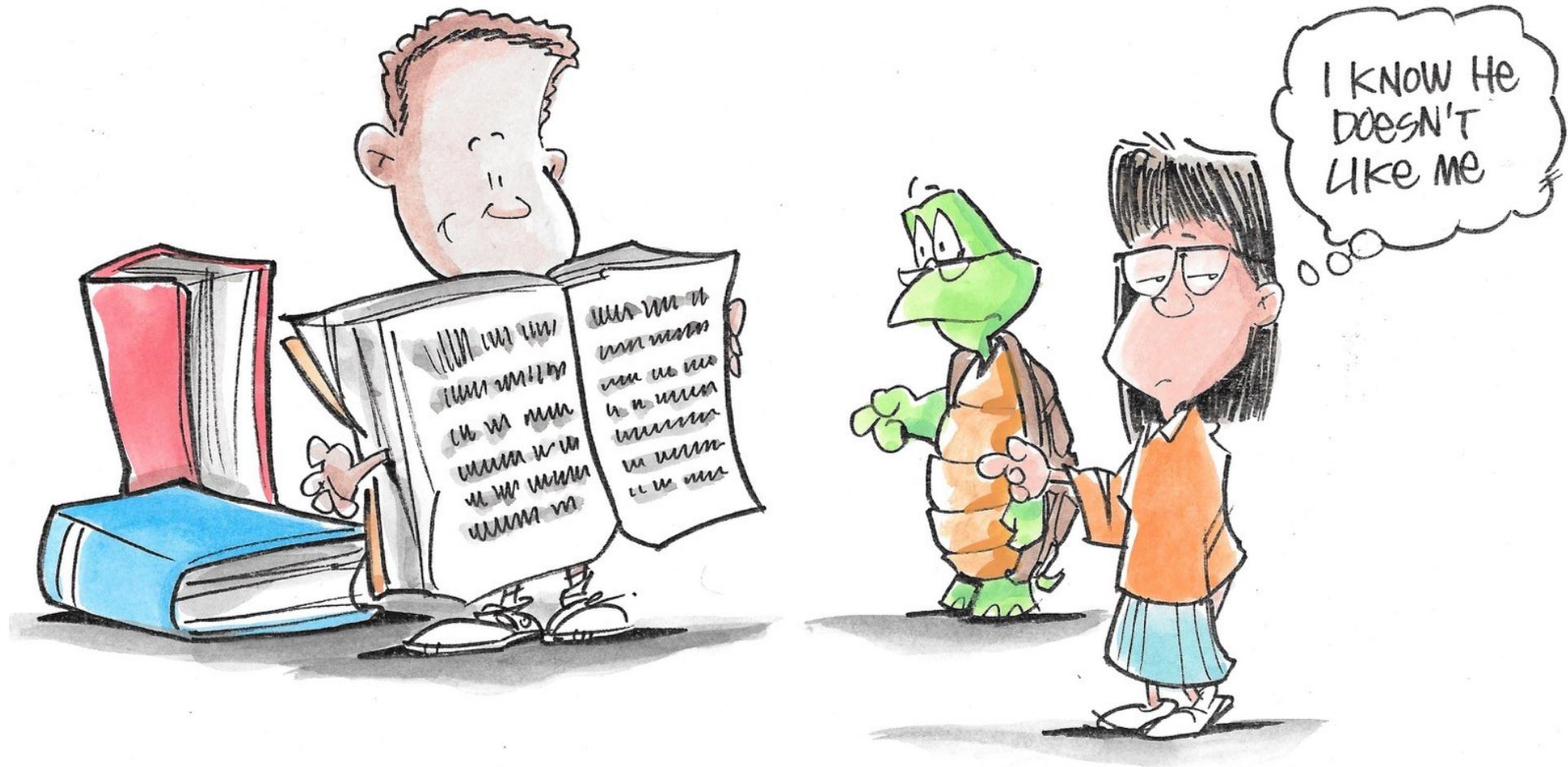
**THINKING IS BASED ON NEGATIVE FEELINGS.**

## 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



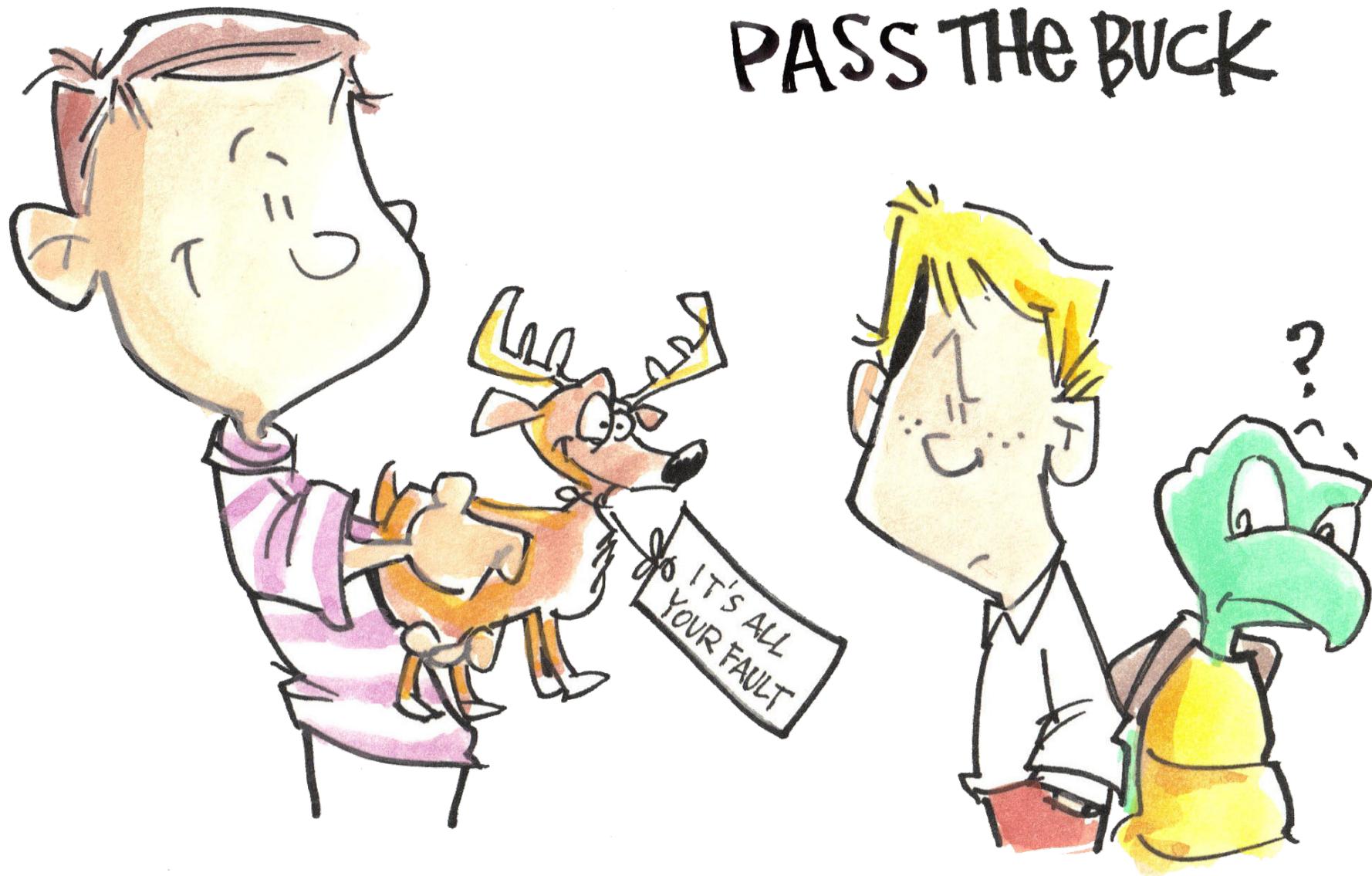
**USING DEMANDING WORDS ON YOURSELF AND/OR OTHERS (I.E. SHOULD, HAVE TO, GOT TO, MUST, OUGHT TO, ETC.).**

## 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.**