

## LIMITED THINKING PATTERNS ("AUTOMATIC THOUGHTS")

1. *Filtering.* Looking at only one element of a situation.
2. *Polarized thinking.* Seeing things in black-and-white.
3. *Overgeneralization.* Making broad, general conclusions based on a single incident or piece of evidence.
4. *Labeling.* A form of overgeneralizing.
5. *Mind Reading.* Making snap judgments about others by assuming you know how they feel or what they are thinking.
6. *Magnifying/Minimizing.* Magnifying means emphasizing things out of proportion to their actual importance. You view everything negative and difficult in your life through a telescope that enlarges your problems. Minimizing means ignoring the positive, looking at them through the wrong end of the telescope so they appear smaller than they are.
7. *Catastrophizing.* Extreme magnifying. Making a "mountain out of a molehill." Thinking, "What if...." (e.g., a headache suggests to you that you have brain cancer).
8. *Personalization.* The first type is to directly compare yourself to others; even when the comparison is favorable the assumption is that your worth is questionable. The second type is a tendency to relate everything around you to yourself. A man whose wife complains of rising bread prices hears it as a complaint about his abilities as a breadwinner.
9. *Shoulds.* Operating from a list of inflexible rules about how you and other people "should" act or the way things "should" be.
10. *Emotional Reasoning.* Because I feel it so strongly it must be so.