

STINKIN' THINKIN'

Labeling

Calling yourself or someone a name just because a mistake was made or something bad happened.

Gotta-be-Right Thinking

Thinking that you are always right and not caring what others think or how they feel.
(Always Being Right)

Small Deal Thinking

Believing that something isn't a big deal, even though it really should be.
(Minimizing)

Future Telling

Thinking that you already know that things are going to turn out badly in the future.
(Fortune Telling)



Remembering-the-Bad Thinking

Only remembering the bad about a situation and ignoring any of the good.
(Mental Filtering)

Big Deal Thinking

Making a big deal out of a situation and believing the worst is going to happen.
(Catastrophizing)

Feelings-are-Facts Thinking

Thinking that the way you feel means that what you believe about something has to be true.
(Emotional Reasoning)

Always-ing

Thinking that just because something happens once, it will always continue to happen. Also using words like "never" or "all".
(Overgeneralizing)

Mind Reading

Believing that you know what others are thinking about you - even with no proof.

Forgetting-the-Good Thinking

Thinking that you had nothing to do with a good thing that happened or not believing others when they compliment you.
(Discounting the Positives)

Your Fault Thinking

Blaming other people when bad things or feelings happen to you.
(Blaming)

Black-or-White Thinking

Thinking that things have to turn out a certain way or else it's the worst thing EVER.

My Fault Thinking

Believing that something is your fault - even when it probably has nothing to do with you.
(Personalizing)

Shoulds

Telling yourself that things *should* be a certain way, and if they're not, you feel guilty, annoyed, or angry.



Stinky Thinking

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