**UNHEALTHY THOUGHT-PATTERNS**

“Negative Automatic Thoughts” (NATS)

**Moral imperatives** ‘Musts’, ‘shoulds’ and ‘oughts’ *You should never be late.*

**Perfectionism.** The tendency to think that we can achieve perfect results.

**Dichotomous reasoning** Black-and-white thinking, all-or-nothing thinking.

**Blame Game.** The tendency to blame others. *It’s your fault. It’s his fault.*

**Fortune-telling** Arbitrary inference, jumping to conclusions, mind-reading: *He crossed the road to avoid me, I must have upset him; I know what they’re all thinking; I know what’s going to happen now…*

**Catastrophising** Automatically imagining that a catastrophe will certainly happen as a result of a situation, which will overwhelm you: *If I don’t do well in my next exam, I am going to fail everything, get kicked out of university and be a failure for the rest of my life. The sky is falling on my head!*

**Personalisation** The tendency to feel responsible for things that are out of their control. *It was my fault they did not enjoy the film.*

**Emotional reasoning** Seeing the feeling as evidence and proof of the thought. *I feel panicky, this means something bad is going to happen.*

**Over-generalisation** Use of absolutes – ‘always’, ‘never’, ‘everyone’. A single incident or person serves as a basis for judging all instances in the same way. *Nobody likes me; The traffic lights are always against me when I’m late.*

**Globalising judgements** [labelling, awfulizing] Applying a negative or pejorative label to a single situation or person. *He is a complete idiot.*

**Selective judgement**. Suppressing or distorting evidence to confirm a particular position. (eg Confirmation bias). Cherry picking may be committed intentionally or unintentionally.

**Magnification/Minimisation**. The negative aspects of a situation are magnified while any positive aspects are minimised. *The evening was a disaster because I served the soup too cold”.*

**Discounting the positive**A compliment or favourable outcome is transmuted into something negative. *He only said that because he wants a favour.*

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