

240212

BSN

### **All or Nothing Thinking**

If you don't achieve, you've failed

"Which is it? Yes, or No?"

### **Over Generalization**

See one event as a never-ending pattern of defeat

### **Mental Filter**

Single negative detail and dwell

Drop of ink discolors the entire beaker

### **Disqualifying Positive**

Reject Positive experience because they don't count

"Negative Nancy"

### **Jumping to Conclusions**

Negative determination with no info

Mind reading

Presume someone is negative with no cause

Fortune Teller

You just know...

## **Magnification / Minimization**

Exaggerate in one direction or the other

The binocular trick

Seeing things incorrectly

## **Emotional**

Feelings aren't facts

## **Should Statements**

Should / Shouldn't

Must / ought

## **Label / Mislablel**

Extreme for of over-exaggeration

Highly colored, emotionally loaded

## **Personalization**

Wrongly see self as cause of negative external event

## **Other Chapters:**

*Practical Application*

Build Self esteem

*Realistic Depression*

Sad v Depressed

*Prevention / Personal Growth*

*Dare to Be Average*

Ways to overcome Perfectionism

*Defeating Hopelessness & Suicide*

*Coping w stresses and strains*

*Chemistry of Mood*

Guide to anti-depression and drug therapy

For more information:

<https://feelinggood.com/>