

1. **ALL OR NOTHING / BLACK & WHITE THINKING:** When we use extreme terms - "all", "never", "none", "everybody", "no one". This limits to only two categories. **STRATEGY:** Think in terms of percentages rather than only 2 opposing factors. Look for grey areas, instead of thinking of extremes.
2. **BLAME:** When we blame ourselves or others as the cause of something, as the sole reason something happened. When something goes wrong it's assumed it must be someone's fault (e.g. their entire fault or my entire fault). **STRATEGY:** Don't look for blame. Look for multiple causes. List other possibilities.
3. **CATASTROPHIZING:** When you predict or expect the worst will happen (when not warranted by facts). **STRATEGY:** Look at the facts, what are other possible factors, outcomes and possibilities.
4. **COMPARING:** When we measure ourselves, or our situations against others, focusing on others' accomplishments and attributes. Or, when we compare ourselves to an ideal and find ourselves falling short. **STRATEGY:** We're all different, with different qualities. Focus on unconditional worth and the things you have control over. Remember there are many successful ways to do things in life.
5. **DISQUALIFYING THE POSITIVE:** when we focus on the bad and ignore the good. **STRATEGY:** Make an accurate assessment. See that "negatives" or "shortcomings" don't erase strengths and assets. Write down the positives and take a good look at them.
6. **DOMINO EFFECT:** Thoughts that assume that one bad thing will affect another, which will affect yet another, causing a cascade of negative events. **STRATEGY:** There is usually not one cause for an event, but many causes. Can we see reasons why a future of cascading negative events isn't likely.
7. **EMOTIONAL REASONING:** Using our emotions or feelings as proof of how things are. "I feel so discouraged; things must be hopeless." **STRATEGY:** Feelings aren't facts. Evaluate the data and evidence objectively. Feelings are not proof of how things are or will be.
8. **DWELLING ON THE PAST:** We keep thinking of things that have happened in the past that we have no control over or brood over "why" something happened in the past. **STRATEGY:** Consider, "how is this going to help me today?"; "Should I spend time on something I have no control over?"
9. **FAILING TO SEE THE BIG PICTURE:** When we focus on small things in life that really aren't important in the grand scheme of things (e.g. "that person isn't doing it right"). **STRATEGY:** Considering true tragedies, the importance of family and your values, is the thing you are stewing about really important or worth it? Step back and look at what is really important.
10. **FAIRNESS:** When we expect things to work out based on some unseen system of balance, morality, payback, justice, or what "should be fair." **STRATEGY:** Change expectations. Face the unfairness of life. Decide on acceptance.
11. **FIXATION ON CERTAINTY:** An internal expectation that we must know without a doubt, that things will be secure (from error, from problems). **STRATEGY:** Accept (the good things about) imperfection; accept uncertainty. Focus on values instead of demanding guarantees. Living our values will bring us joy, searching for a "sure thing" leads to anxiety.
12. **FORTUNE TELLING:** When we arbitrarily predict things will turn out badly—without the data to back it up. **STRATEGY:** What is the evidence for and against your predictions.
13. **ILLUSION OF CONTROL:** The error of overestimating our control over events or people (and their actions), when in fact we have little or no control over these things (or people). **STRATEGY:** Accept what we cannot change; be still and observe the distress over not having control over things that are important to us, with compassion toward ourselves.

14. **ILLUSION OF NO CONTROL:** Believing one has no control at all in situations in which choices and/or some form of control do exist. **STRATEGY:** Look at the situation and consider factors (e.g. altering time frames and getting help from others) that can be changed and choices that can be made.
15. **ILLUSION THAT OTHERS OR CIRCUMSTANCES HOLD THE KEY TO MY HAPPINESS, FREEDOM OR PEACE:** Can others, circumstances, or information have that much power?
16. **JUMPING TO CONCLUSIONS:** When we assume and make quick decisions that are not warranted by the facts. Usually, we predict that things will turn out badly.
STRATEGY: Consider all the alternative explanations. Only use first-hand information. Ask yourself, “what evidence do I have for this”, “what are the facts...the likelihood” misery.
17. **LABELING / NAME CALLING:** Attaching words/labels to ourselves, others or situations, as if those words described everything completely. "This day is terrible!" "I'm stupid", “I can't change”. **STRATEGY:** Don't use destructive/emotional words. They don't give the entire picture.
18. **MAGNIFYING:** Looking at negative things as more significant than they really are. Blowing things out of proportion. **STRATEGY:** Be objective and realistic & consider all the factors in proportion.
19. **MENTAL FILTER:** Focusing intently on something negative and magnifying it while filtering out all positive aspects of a situation. Or , looking at life through the “lens” of a negative situation so that reality becomes darkened or distorted through that lens. **STRATEGY:** Look at the whole picture and be realistic and consider all factors
20. **MIND READING:** When we assume we know what others are thinking and why they act the way they do. Particularly, assuming that we "know" how people think and feel about us.
STRATEGY: Seek other explanations for why people behave the way they do. Check it out.
21. **MINIMIZING:** Looking at important or positive factors (especially positive things about ourselves) as smaller than they really are. **STRATEGY:** Be objective, especially when it comes to yourself (abilities/attributes) and don't block out the positive factors that truly exist.
22. **MYTH OF PERFECTION:** Allowing ourselves to follow the automatic thought that there is a perfect way to do things/ a perfect way that things should be done. **STRATEGY:** Look for multiple ways to do things, multiple solutions, multiple time-frames, etc.
23. **MYTH OF IMPORTANCE OF “WHY”:** The belief that if I find “the answer” or missing information or “why” something happened, then I will feel much better emotionally have satisfaction or then can move on with life. **STRATEGY:** Is it realistic that you can ever know the definitive reason for something? What does it cost in terms of time, energy, and emotion to look for “why”.
24. **OBSESSING:** Allowing ourselves to go over and over negative thoughts (especially about “why” something happened). This leads to depression and anxiety. **STRATEGY:** Change the mental “channel”, do something else, accept and face what you fear, and meditate.
25. **OVERGENERALIZING:** When we make an overall assessment based on only one example or incident. **STRATEGY:** Remember that no one situation can exactly predict future outcomes. The likelihood that one bad event is the beginning of unending similar bad events is very low.
26. **PESSIMISM:** Is it **Permanent?** Is it **Pervasive** (does it affect everything in life)? Is it **Personal** (e.g. is it all my fault or something is wrong with me)?
27. **“SHOULD”-ING:** An inflexible list rules about life, often based on things we can't control. “This shouldn't be happening”, “no one should have to put up with...”, “they shouldn't treat me this way” **STRATEGY:** Work to accept what we cannot change and have not control over.