

Polarized Thinking: When you have an “all or nothing” thinking pattern. **The Fix...** Avoid thinking in extremes. Identify how you can be less extreme or what you can do to be more flexible.

Mental Filtering: When a person filters out positives, magnifies negative details, and dwells (Negative mental filtering). -OR- Acknowledges the positive experiences but refuses to accept it (Disqualifying the Positive). **The Fix...** Focus on and value positives that occur in a situation. Reflect on the entire situation and identify both positives and negatives. Embrace compliments and positive feedback.

Overgeneralization: Focusing on a single event that has occurred and incorrectly concluding all similar events going forward will result in the same experience. **The Fix...** take the single event and believe you can create a different outcome in the future.

Jumping to Conclusions: Knowing what another person is thinking (Mind Reading). -OR- Making conclusions and predictions based on little to no evidence (Fortune Telling). **The Fix...** Ask yourself if you are sure you ACTUALLY know what another person is thinking. Investigate your assumptions and identify logical, evidence-based reasons that contribute to a situation.

Catastrophizing: An over-exaggeration of a thought which leads to worries escalating quickly and becoming the worst-case scenario (Magnification). -OR- Minimizing positive experiences (Minimization). **The Fix...** Take the experience for what is and reframe the situation by looking at opportunities instead. Embrace the positive experience and take pride in your accomplishment.

Personalization: Takes things personally which causes a direct and personal reaction to everything done or said by others. **The Fix...** Identify why you feel responsible and determine if it really was in your control. Brainstorm logical reasons instead of blaming yourself.

Blaming: Blames others and plays a victim role while holding others responsible for their pain. **The Fix...** Avoid playing the victim by trying to see the situation from the other person’s perspective. Take responsibility and apologize for any role you may have played in the situation.

Labeling: Assign judgement to yourself or others solely based on one negative incident. **The Fix...** Remember labels are a result of error or mistake. Attribute the error to the event instead of yourself or others.

Always Being Right: Always having the need to be right by internalizing opinions as facts and putting others on trial to prove they are correct. **The Fix...** Understand that it is acceptable to be wrong sometimes. Try to identify if your thoughts are facts or actually opinions.

Should Statements: “Should” do, “Must” do, or “Shouldn’t” do statements are rules enforced on oneself or others. **The Fix...** Identify how the “should” statements make you feel. These statements *should* be motivating rather than making you feel conflicted or even paralyzed. Use the word “prefer” or “could” instead.

Emotional Reasoning: Any feeling must be true and the emotion is accepted as fact because all logical reasoning is blocked out. **The Fix...** Let yourself feel your emotions but don’t let it consume you. Be mindful of your emotions without judgement.

Control Fallacy: Life is completely controlled by external factors and fate has already been decided (External Control Fallacy). -OR- One has complete control of themselves and their surroundings (Internal Control Fallacy). **The Fix...** Look for opportunities in small changes before making big changes. Recognize you can’t control everything that goes on in your life.

Fallacy of Change: Others should change to suit your own interests. **The Fix...** Try to recognize that no one is responsible for your own happiness. Your happiness depends on yourself and the decisions or actions you make.

Fallacy of Fairness: All things in life should be applied and measured based on fairness and equality. **The Fix...** State your feelings as a preference rather than an expectation. Try to identify that you may not have control over the situation. Be grateful for what you have and not what you don’t have.

Heaven’s Reward Fallacy: If we lived in a fair world we would be rewarded fairly. **The Fix...** Recognize that not every sacrifice you make will be rewarded because life is not fair. Change your feelings as a preference rather than an expectation and separate it from the sacrifice.

How to Stop Negative Thinking

1. Recognize and isolate the thought
2. Write down your thought
3. Identify distress level (1-10)
4. Identify cognitive distortion
5. Challenge & reframe thought
6. Reevaluate distress level (1-10)

5 Questions to Emotional Freedom

1. Is it true?
2. Can I absolutely know it is true?
3. How do I feel when I believe the thought?
4. Who would I be or how would I feel without the thought?
5. Turn the thought around to its opposite and ask if the opposite might be true.

Step 1-3

Event (describe the event that caused feelings)	Impact of the Event (describe the emotions)	Intensity (Rate the intensity of the emotions 1-10)

Step 4 & 5

Initial Responses (Describe the automatic thoughts)		Cognitive distortion (label distortion)		Challenge and reframe the thought (AKA the fix... change the distortion to a more reasonable thought)	
	Ratings				Ratings

Step 6

Results
Based upon your thought analysis, re-rate how much you believe your initial responses. Then re-rate the intensity of your emotions.