



THOUGHT BIASES

Automatic Thoughts

Negative automatic thoughts come rapidly and involuntarily when we are experiencing distress. They arise from beliefs and assumptions we hold that help us to make sense of the world. These, in turn, are based on core beliefs deep inside us that are commonly formed through early childhood experiences. These core beliefs guide our perception.

BLACK & WHITE

Interpreting situations, people or interactions as one of two extremes, e.g. either good or bad, all or nothing, true or false, with nothing in-between.

"The guy who cut me off at the traffic lights is a bad person."

CATASTROPHIZING

Expecting negative consequences out of proportion to the circumstances.

"If I don't get that promotion, I will lose my job, my house, my family, and be homeless and alone."

EXAGGERATING

Critical views that are over-generalized or all-encompassing.

"You never do dishes. You always come home late. You are never considerate of my feelings."

JUDGMENT

Being critical of situations, people, interactions or self.

"I should have done things differently. They shouldn't have acted like that."

MIND READING

Making assumptions about other people's intentions and thoughts.

"My colleague hasn't responded to my email. He just doesn't like me. He sabotages everything I try to do."

DISCOUNTING

Dismissing positive situations, experiences and interactions as incorrect, unimportant or meaningless.

"Thanks but anyone would have done the same."

FILTERING

Dismissing information from the situation, other people or interactions that do not align with an existing belief or view.

"My uncle smoked 20 cigarettes a day and turned 90 years old, so cigarettes cannot be that bad for you."