

## Limited Thinking Patterns

Filtering: Looking at only one element of a situation that reinforces a negative perspective.

Magnifying/Minimizing: Blowing something out of proportion or ignoring something.

Black/White Thinking: Interpreting situations as either one extreme or the other with no shades of gray.

Generalizing: Making broad conclusions based on minimal evidence.

Catastrophizing: Always believing the worst will happen.

Personalizing: Believing the situation is always about you.

Mind-reading: Believing in your own guesses about what others think.

Shoulds/What Ifs: Making rigid rules about yourself and others.