

# Hope for Mental Health Community

## Distorted Thinking-Patterns in our Self-Talk

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1. *All or nothing thinking* (If you're not perfect or if you get anything wrong, you're a total failure.)
2. *Overgeneralizing* ("I always do that.")
3. *Mental filter* (You pick out a single negative detail and dwell on it.)
4. *Discounting the positive* (If you did a good job, you tell yourself that anyone could have done it.)
5. *Jumping to conclusions or mind reading* (Interpreting others actions, tone of voice or body language in a negative way—and fortune telling—you assume and predict that others don't like you and that things will turn out badly.)
6. *Magnification or catastrophizing* (You exaggerate your weaknesses or harmful aspects of events that have happened or may happen, and minimize your strengths or the odds that the event will never happen and, even if it did, the results won't be that bad.)
7. *Emotional reasoning* (You actually believe that reality is the way you feel.)
8. *Avoid inappropriate "should" statements* (Example: "I should avoid being around people because they will see what a loser I am.")
9. *Self-labeling* ("I made a mistake so I am a loser.")
10. *Self-blame* (You blame yourself for events outside your control.)