

Mind Reading

You believe you know what others are thinking—without asking them.

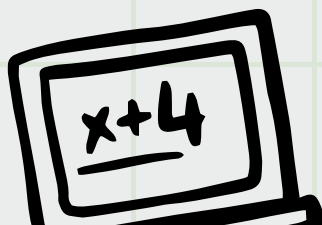
Example:
"She didn't say hi, so she must hate me."



All-or-Nothing Thinking

You think things are either all good or all bad—no in-between.

Example:
"If I don't get full marks, I'm a total failure."



Catastrophizing

You imagine the worst thing will happen—even if it's not likely.

Example:
"If I mess up my lines in the play, everyone will laugh and I'll never be able to show my face again."

Labeling

You give yourself or others a mean name instead of describing the situation.

Example:
"I got one answer wrong. I'm so stupid!"



Emotional Reasoning

You think something must be true because you feel it's true.

Example:
"I feel scared about going to school, so school must be dangerous."





Jumping to Conclusions

You decide something without having all the facts.
Example:
"My teacher didn't smile today. I must have done something wrong."

Filtering (Mental Filter)

You only notice the bad stuff and ignore the good.
Example:
"I got one question wrong, so I did terribly"—even though you got 9 right!

Fortune Telling

You act like you can predict the future—and it's always bad.
Example:
"I just know I'm going to mess up the science test."

Personalization

You blame yourself for things that aren't your fault.
Example:
"My friend looked upset. It must be because of something I did."

Should Statements

You say "I should" or "I must" a lot and feel upset when things don't go that way.
Example:
"I should always get A's. If I don't, I'm a disappointment."



Negative Automatic Thoughts

Have you experienced any of these?

We refer them as **GNATS** in our book titles as **GNATS-
The Buzz in my brain.**



Overgeneralization

You believe that if one bad thing happens, it will happen again and again.

Example:

"I didn't get picked for the team. I'll never be good at anything."



Disqualifying the Positive

You ignore good things or say they don't count.

Example:

"Sure, I helped my friend, but that was easy. It doesn't mean I'm kind."

