

Automatic Negative Thoughts (ANT's)

1. **Black-and-White Thinking** – Thinking in words like always, never, no one, everyone, every time, everything, etc.
2. **Focusing on the Negative** – Filtering out the good, seeing only the bad in a situation, and magnifying it.
3. **Fortune Telling** – Predicting the worst possible outcome to a situation. “Doing your pain in advance”.
4. **Mind Reading** – Believing that you know what others are thinking and feeling, even though they haven't told you.
5. **Thinking With Your Feelings** – Believing negative feelings without ever questioning them... “I feel it, so it must be true”. “If I *feel* stupid, I must *be* stupid.”
6. **Should/Must Thinking** – Thinking in words like should, must, ought, or have to... “Everyone should do things my way.” “I ought to be able to control my feelings better.” Don't “should” on yourself!
7. **Self-Labeling** – Generalizing one or two qualities into a negative global judgment about you. You don't achieve your goal for two weeks in a row and say to yourself, “I'm a failure”.
8. **Personalizing** – Investing innocuous events with personal meaning. Thinking that things other people do or say is some kind of a reaction toward you.
9. **Blaming** – Blaming someone else for your own pain/problems or go the other way and blame yourself for everyone else's problems.
10. **Over-Generalizing** – Coming to a general conclusion based upon a single event or incident. Thinking that when one bad thing happens it is going to happen over and over again.
11. **Catastrophizing** – Expecting disaster, going through the entire negative “what if's” in a situation.
12. **Control Fallacies** – If you feel externally controlled, you see yourself as a helpless victim of fate. If you feel internally controlled, you see yourself as responsible for the pain and happiness of everyone around you.
13. **Fallacy of Fairness** – You decide what is fair and feel resentful when other people don't agree with you.
14. **Fallacy of Change** – You expect others to change to suit you if you could just pressure them enough. You need to change others because it seems that your hope for happiness depends entirely on them.