



Filtering

Focusing solely on the negative and ignoring all the positive.



Overgeneralization

Assuming all experiences and people are the same, based on one negative experience.



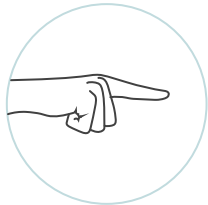
Catastrophizing

Assuming the worst case scenario, magnifying the negative and minimizing the positive.



Control fallacies

Thinking everything that happens to you is either all your fault or not at all your fault.



Blaming

Pointing to others when looking for a cause of any negative event, instead of looking at yourself.



Emotional reasoning

Believing "If I feel it, it must be true!"



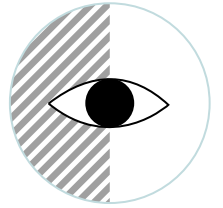
Global labeling / mislabeling

Generalizing one or two instances into an overall judgment, using exaggerated and emotionally loaded language.



Heavens' reward fallacy

Believing that any good act on your part will be repaid or rewarded.



Polarized thinking

Black and white thinking, not seeing the grey.



Jumping to conclusions

Being convinced of something with little to no evidence to support it.



Personalization

Believing that you are at least partially responsible for everything bad that happens around you.



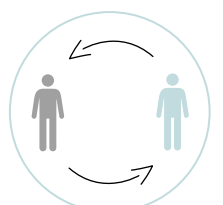
Fallacy of fairness

Being too concerned over whether everything is fair.



Shoulds

Holding tight to your personal rules on how people ought to behave.



Fallacy of change

Expecting others to change to suit your needs or desires.



Always being right

Believing that it is absolutely unacceptable to be wrong.