Catching the ANTs (Automatic Negative Thoughts)

All or Nothing

Things are either black or white, right or wrong.

If you are not perfect then you are a total failure

Over Generalization

You see a single event as an indication of a never-ending pattern of failure.

You draw a general conclusion based on a single failed relationship, a rejection, or other negative experience.

Disqualifying the Positive

You discount positive experiences, good events, positive characteristics, or traits either in yourself or others.

Mental Filter

You dwell on a single negative detail excluding other evidence. And, you start seeing life through this tainted glass.

"Shoulding"

You use shoulds, shouldn't, musts & oughts to put pressure on yourself or others.

When you direct the should statements towards yourself you risk falling into guilt.
When you direct them toward others, you feel anger, frustration & resentment.

Emotional Reasoning

You assume that your negative emotions (like embarrassment, overwhelm & guilt…) necessarily reflect how things really are.

I feel guilty, I must be a terrible person

Jumping to Conclusion

You make negative interpretations through:

Mind reading - imagining what other people think.

Fortune telling - anticipating that things will turn out badly
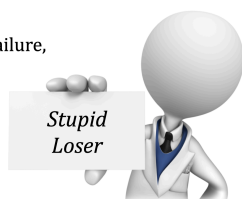
Magnification (Catstrophising) or Minimization

You blow things out of proportion exaggerating their importance.

Or, you inappropriately shrink positive & desirable things until they appear tiny.

Labeling

Instead of describing/ acknowledging a mistake or a failure, you attach a negative label on yourself or others.

Stupid Loser

Personalization

You blame yourself for something that wasn't necessarily or completely your fault.

Or, you blame others by refusing to take responsibility for something that was actually your fault.

Reference: *Feeling Good* by David Burns