



# EVERTHRIVE

## COUNSELING

1. All or Nothing Thinking- Also known as "Black and White" thinking, it is looking at things in absolute and polarized terms. Something could be either great or awful
2. Overgeneralization- taking one occurrence and generalizing to an overall pattern. For example, taking one disagreement with your partner as meaning that your relationship is bad
3. Mental Filter- only focusing on the negative and negating all positives.
4. Disqualifying the Positive- minimizing the positive. For example, telling yourself that the only reason your son/daughter did a chore was that they wanted to go to a friend's house later
5. Jumping to Conclusions/Mind Reading- believing that we know what another person is thinking or feeling
6. Jumping to Conclusions/Fortune Telling- predicting how things will turn out without any evidence
7. Magnification (Catastrophizing) or Minimization- blowing things out of proportion or shrinking the probability of something happening
8. Emotional Reasoning- accepting your emotions as fact without applying logic to question if they are true or not.
9. Should Statements- "shoulding yourself" can look like putting pressure on yourself for responsibilities that are unrealistic. This can look like, "I should have, I ought to have, I must, or I have to, etc"
10. Labeling- assigning meaning to yourself by only focusing on you're shortcomings. This can look like, "I said something wrong and therefore, I'm such a jerk." Or, "I just didn't accomplish everything on my to-do list today and I'm so lazy."
11. Personalization and Blame- taking responsibility for everything or assuming you are responsible to fix everything or for things going wrong
12. Control Fallacies- believing you're completely in control of everything in your life or of nothing at all
13. Fallacy of Fairness- believing that life, situations, and people should always be fair
14. Fallacy of Change- expecting others to change, even if they don't want to or don't have awareness that there is a problem
15. Always Being Right- this one speaks for itself
16. Heaven's Reward Fallacy- believing that hard work and sacrifice will lead to positive results and a just reward