

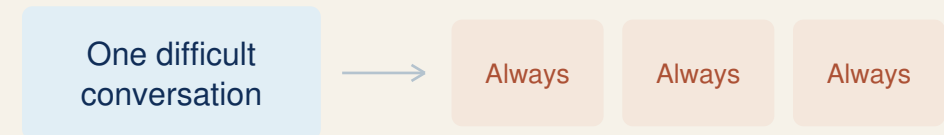


Notice what feels familiar.

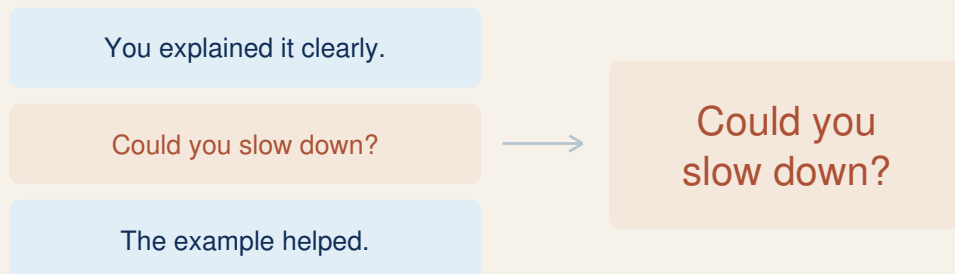
All-or-nothing thinking



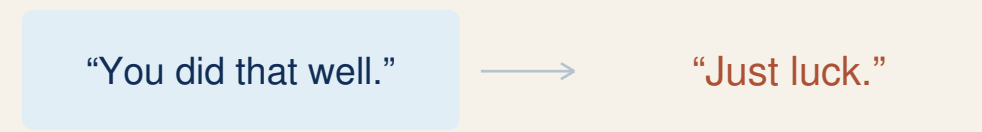
Overgeneralising



Mental filter



Discounting the positive





Notice what feels familiar.

Jumping to conclusions

My message
Seen 10:42



"They're annoyed
with me."

Magnifying or minimising

Things I did well

ONE
MISTAKE

Emotional reasoning

"I feel anxious."



"I'm in danger."

Shoulds and musts

MUST GET IT RIGHT
SHOULD COPE
MUST NOT DISAPPOINT



Notice what feels familiar.

Labelling

A mistake
I made



“I’m useless.”

Personalising

They’re quiet today.



“I upset them.”