

NEGATIVE THOUGHTS

// Reframing Thoughts //

2. Finding the distortion

1/2

*Elvia
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Everyone
hates me

Over
generalising

I am a loser if
I am not at
the top!

Black
and white
thinking

What if
I die?

Catastrophy
thinking

She made
me do
that...

Illusion of
external

He is mad at
me...

Mind
reading

I should
be doing
this...

'Should'
thinking

Is it
something
I said?

Persona
lization

Overgeneralization is concluding that if an unpleasant thing has happened once, it will happen again and again.

Polarized or black and white thinking is when you see everything in terms of being either good or bad, with nothing in between.

Expecting disaster; hearing about a problem and then automatically focusing on the worst possible consequence.

External control is when you start seeing yourself as a victim of someone else's actions instead of being proactive and taking the necessary action to do your best work.

Mind reading is thinking that you know, without any external proof, what people are feeling and why they act the way they do.

'Should' thinking involves rigid rules about how people should or should not behave. This can cause us to feel pressured and resentful.

Thinking that everything people do or say is a personal reaction. It starts to feel like they are judging you and it is your fault.

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It's not
fair...

**Fairness
Fallacy**

I never make
the right
decisions!

**Filtering the
positive**

It was his
fault.

**Attribution
Fallacy**

I did this...
Now I
deserve
this...

**Heaven's
reward**

This is
too hard...

**Emotional
reasoning**

Fairness Fallacy is the belief that you know what is fair. But if others don't agree with you, you feel resentful or angry.

We often ignore the positives and just focus on the negatives. These are judgemental thoughts, often sweeping words like 'always', 'nothing' and 'never'.

Blaming is the illusion that any problem is entirely due to another person. A hidden assumption that their intent was also negative.

Heaven's reward is when you expect all your sacrifice and self denial to pay off and feel bitter if the reward doesn't come.

Sometimes you might confuse your thoughts or feelings with reality and take your emotions as evidence for truth.

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