

NEGATIVE SELF - TALK CHECKLIST



Negative thoughts seem inescapable, but what we need to realize is to not try and escape them but to acknowledge them for what they are, just thoughts....



OVERGENERALIZING?

Your Boss sends your proposal back with some notes and comments. You decide you are terrible at your job

CATASTROPHISING?

Your Boyfriend, best friend, Child said they would message you when they arrived home safe. Now you think they have been attacked and is lying in the street somewhere



PERSONALIZING?

Your Friends forget to add you to a group chat, but you incorrectly assume you have been excluded on purpose.



MIND READING?

Someone gives you a funny look on the street because they thought they recognized you, but you assume they looked at you because they think you are ugly.

MENTALLY FILTERING?

You pass an exam with 85% and instead of celebrating your success, you beat yourself up for the mistakes you made that cost you that 15%

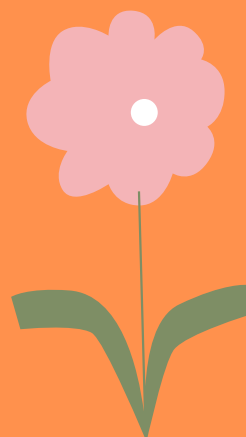


DISCOUNTING THE POSITIVE?

Your Boss recognizes you for a recent Proposal but you explain it away as a fluke or sheer luck

MAKING SHOULD STATEMENTS?

A client of yours is unhappy because you missed a small section of a report. You berate yourself because you "Should" of seen it, You "should" be better and you "shouldnt" be making mistakes



EMOTIONAL REASONING?

You are feeling guilty so you tell yourself you must of done something wrong

LABELLING?

You accidentally upset a child, so you immediately label yourself a witch or a bad person

