

Automatic Negative Thoughts

#1. _____: Thoughts that are all good or all bad.

#2. _____ **Thinking:** Thinking in words like always, never, no one, everyone, every time, everything.

#3. Focusing on the _____: Only seeing bad in a situation.

#4. _____: Predicting the worst possible outcome of a situation.

#5. _____: Believing that you know what another person is thinking even though they haven't told you.

#6. Thinking with your _____: Believing negative feelings without ever questioning them.

#7. _____: Thinking in words like, "should, must, ought or have to."

#8. _____: Attaching a negative label to yourself or to someone else.

#9. _____: Blaming someone else for the problems you have.