



## UNREALISTIC THINKING

Our thinking is unrealistic if we consistently:

### 1. Exaggerate the Negative and Ignore the Positive

A negative event occurs and you assume it defines you or the situation that it is true in all similar circumstances and you ignore any positive things that have occurred in the past.

*For example, you do not get a job offer you were looking forward to and you assume you are not a good worker and overlook positive job evaluations you have received in the past. You think to yourself, "I can never do anything right, this always happens to me."*

### 2. Assume the Worst

A negative event occurs and you assume it is a sign, or the beginning of something horrible to come.

*For example, you have a skin growth and you assume it is cancer, or your spouse forgets your anniversary and you assume he or she is planning a divorce.*

### 3. Personalize Things

A negative event occurs, that is not entirely under your control, and you assume in some way you were the cause of it and that if you were different, or you did something differently, it never would have happened.

*For example, you blame your child's poor grades on the belief you are a bad parent, or your divorce on the belief you did not try hard enough in the marriage.*

### 4. Jump to Incorrect Conclusions

A negative event occurs and from minimal or no facts you make a negative interpretation, assume it is true and sometimes predict it will continue to be true in the future.

*For example, a friend does not respond when you say hello and you conclude he is ignoring you because he does not like you anymore.*