

THE “WHAT ARE YOU THINKING?” TEAM

“All or Nothing” Allen (All-or-nothing thinking)



Allen only sees things in “black and white” or “right or wrong.” Nothing is ever in the middle. When he got a 92% on his math test, he thought he was a failure because he didn’t get a 100%. Even though he got a lot of great presents for his birthday, he was very unhappy because there was one present that he didn’t get.

“Blaming” Blake (personalization)



Blake is always blaming somebody for a problem. Sometimes he blames himself; sometimes other people. He’s so busy blaming that he never really deals with the problem! Sometimes it’s not even his fault or the other person’s fault! One time he blamed himself for not giving his friend a birthday present, even though he didn’t know it was his birthday. Another time he blamed his teacher for a bad grade on a test even though he didn’t study for it.

“Over and Over” Oliver (overgeneralization)



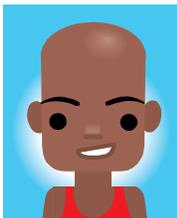
When something bad happens to Oliver, he thinks it’s going to happen over and over again. When his basketball team lost a game, he decided that he didn’t want to play anymore because he thought they were just going to keep losing. He thinks he has really bad luck and that he never catches a break. He doesn’t think anything is ever going to turn out okay.

“Negative” Nate (mental filter, disqualifying the positive)



Nate only notices the bad stuff that happens to him. He thinks nothing good ever happens to him, and if something good does happen he acts like it doesn’t mean anything. When he got an A on his science test, he said, “I’ll probably still fail the class anyway.” When he finally got the pair of shoes he’d been wanting forever, all he noticed was that they weren’t the color he had wanted.

“Not a Big Deal” Norman (minimization)



Norman always plays off important things as not being a big deal. When someone at school stole \$20 from him he told the teacher, “Don’t worry about it. It doesn’t matter that much.” When his coach congratulated him on a great shot he made Norman just said, “No big deal. I just got lucky.”

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“Shoulda” Sharonda (should statements)



Sharonda always talks about the things she “should” do or she “must” do even though nobody else is telling her she has to do them. When she’s hanging out with her friends she thinks, “I should be studying so I can be a straight “A” student. No matter how much she does, she always thinks she should be doing more. Then she feels guilty. Sharonda also thinks a lot about what other people “should” be doing. If they don’t do it she gets very angry and frustrated.

“Drama Queen” Jean (catastrophizing)



Jean blows everything out of proportion. Even if a really small problem happens, she acts like it’s the end of the world. People are always telling her she’s making too big of a deal out of things. One time she got into a huge fight with a friend because the friend couldn’t come over to Jean’s house after school. Jean made a big deal out of it and said, “I hate you!” to her friend. Now they aren’t friends anymore.

“Psych Out” Sam (mind reading, fortune teller error)



Sam always psychs himself out by expecting the worst. He usually thinks people don’t like him or that they’re out to get him, even though he doesn’t really know for sure. He decided his teacher thought he was stupid just because she didn’t call on him in math class. Sam also thinks things are going to turn out bad before he even starts. One time he decided not to talk to a new girl at school because he was sure that she would be mean to him if he did.

“Bad Mouth” Brandy (labeling)



Brandy likes to call people names... Even herself! If she makes a mistake, instead of trying to fix it, she just focuses on what a “Loser” she is. If her friend makes her mad she thinks, “She is such a jerk!” Once Brandy “bad mouths” someone, she doesn’t change her mind very easily. Even if Brandy does something really well she is probably thinking, “I’m still a loser!”

“Emo” Emily (emotional reasoning)



Emily always lets her feelings be in control. If she feels upset, she thinks that means everything must be awful even though it really may not be that bad. She thinks, “If I feel it, it must be real.” For example, Emily felt nervous and scared when she met her mom’s new boyfriend so she decided that he must be a really awful person... Even though she doesn’t know anything about him!