

Ways you think when you feel anxious



1. All or nothing thinking

You see things as black or white, things are either wonderful or awful, nothing is just okay, and if what you do isn't perfect you see it as a total failure.

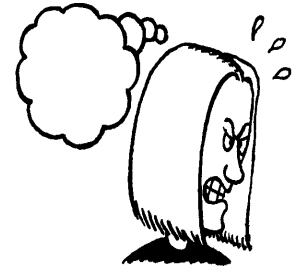


2. Over generalisation

When one bad thing happens, you think things are going to be like that all the time and never get any better. If you fall out with someone who is important to you, you think that they don't understand you or care about you that they never have and never will. You think that you will always be on your own and no one will ever understand you.

3. Only looking at the bad things

If you do something well, but one small thing isn't quite right, you think about it all the time until everything is affected by that one bad thing, for example if you make a spelling mistake in a good essay you write for school, you see the whole essay as rubbish, when in fact it is not.



4. Ignoring the good things

When good things happen to you, you ignore them and continue to think about the bad things that happen. You will not allow yourself to enjoy good feelings, and tell yourself that if you feel good then there must be bad feelings to follow. This means that you even feel bad about feeling good.

5. Jumping to conclusions

You see things as bad whether you have any facts or not.

a) MIND READING



You think someone doesn't like you without checking it out. If you see a friend on the street and they don't say hello, you think it's because they don't like you or don't want to speak to you. You don't ask to see if they thinking about other things or didn't notice you.

b) FORTUNE TELLER

You expect everything to turn out bad, and don't even think that things might turn out good. For example, you don't think you are going to have any fun if you go out with your friends, and become so sure that this will be the case that you don't go.

6. Making things into bigger and smaller deals than they really are

You make an extra big deal about your own mistakes and an extra big deal about other people's success. On the other hand, you think that other people's mistakes don't really matter and that your successes are really small and not worth very much.

7. Focusing on how you feel

You think that your bad feelings are because things are really bad, you don't look to see if it's actually true. If you feel bad then you see everything as bad.

8. Should's!!



You try to push yourself with should's, shouldn't's, must's and ought's. "I should do more", "I shouldn't think the way I do", "I must have a good reason for saying no", "I ought to have known better" are some common examples. These sorts of thoughts just make you feel guilty and angry. We use "I should..." when "I wish" or "I would like" is what we really mean.

9. Labelling people because of how you feel



This is over generalising in a big way!! When you make a mistake you think, "I'm stupid". When you don't get what you wanted you think, "I'm a loser". When someone does something you don't like you think, "They're stupid". You think about feelings when things happen and end up saying things about people that aren't true.

10. Blaming yourself

You blame yourself for things you can have no control over, and are not responsible for. For example, your friend calls you to tell you they aren't well and won't be going to the party you arranged to go to together. You think it is your fault and it is you they don't want to be with, when they are really not well and couldn't go whether they wanted to or not.

