**Automatic Thoughts**:

**(Video Clip Discussion Questions)**

Automatic thoughts are the result of the very common cognitive distortions we do at times.

**Personalizing**: taking responsibility for negative effects that were not the result of your doing.

**Catastrophizing**: Thinking extremely horrible consequences will result from your mistakes

**Magnifying**: exaggerating negative events

**Minimizing**: Downplaying positive events, especially your own successes

**Overgeneralizing**: Seeing small negative things as a pattern of nonstop negative events

**Labeling (& mislabeling):** Overgeneralizing yourself. You attach small negative things as a sign of personal failure and incompetence

**Assuming**: Concluding that the cause of negative events is you without verifying this.

**Fortune-Telling**: Believing that things will turn out badly

**Mentally filtering**: focusing on a single negative event

**Using “should”, “musts”, “oughts”:** Using these words to try to motivate yourself but end up punishing yourself

**Fantasizing**: Daydreaming

**Emotional Reasoning**: Believing that if you feel it, it must be a reality

1. Can you describe a time you’ve done one of these?
2. Do you think that if you feel you are bad at something you can be good at it? Why or why not?
3. Have any of the actions ever stopped you from trying new things? Explain.
4. Have any of these actions ever hurt your relationship (or friendship) with another person?
   1. If so, were you able to determine that it resulted from one of these actions?
      1. If not, did the hurt relationship (or friendship) seem to validate your negative thoughts?
5. How do you think you can lessen the number of these negative thoughts you have?