

Global Judging: A rigid style of perception, alternatively termed “black-white” or “all or nothing” thinking. Using words such as “Always,” “Never,” “All,” “Total,” or “Complete,” or “Everyone.” *Examples:* “You *never* help me!” “They *always* forget me!” “I *never* get asked out!” Assuming someone is a “*total* jerk,” because he failed to say hello one morning.

Name calling: Using derogatory or pejorative labels to describe yourself or others. In sum, a person presumes that, “I know what you’re about.” *Examples:* “He’s a jerk [or a liar or a loser],” “I’m so stupid [or lazy or foolish].”

Assuming without Knowing: Assuming you know what someone is thinking without checking. In sum, a person presumes the following: “*I know what you’re thinking.*” *Examples:* “I can tell he hates me,” “She’s going to break up with me,” “I don’t think they like me,” “I already know they will say ‘no.’”

Underestimating Yourself (or Others): Assuming you cannot handle things when you really can.

Examples: Assuming you would be unable to cope if you failed a class, or faced a break up, parental divorce, etc... Failing to give another person the benefit of the doubt or that another person deliberately said or did something with intent to hurt or offend you.

Overestimating the Risks: Mentally inflating the risk of a bad outcome or ruminating about a potential outcome that is disastrous. *Examples:* “I know I will screw up,” or “This will end in disaster.” Ruminating about failing a grade, after receiving a low score on one test or assignment. Or assuming after a break up, that they will never find love again.

Making About Me: Interpreting random events as personal attacks. *Examples:* Assuming that the negative facial expression, unenthusiastic greeting or lack of response to an email or text message is a personal rejection that has no other explanation or contributing factors, other than pertaining to them, personally.