

Negative Automatic Thoughts

1. Over-generalization: Making Sweeping judgements on the basis of single instances. Thus, a depressed person who made one mistake might conclude: “Everything I does goes wrong.”
2. Selective Abstraction: Attending only to negative aspects of experiences. Thus, a person might state: “I didn’t have a moment’s pleasure today”, not because this was true, but because pleasure had failed to enter conscious awareness.
3. Dichotomous Reasoning: Thinking in Extremes. Thus, the patient might discount a less than perfect performance because: “If I can’t get it 100 per cent right, there’s no point in doing at all”.
4. Personalization: Taking responsibility for things that have little or nothing to do with oneself. Thus, a depressed person who failed to catch the eye of a friend in the street might think: “I must have done something to offend him”
5. Arbitrary inference: Jumping to a conclusion on the basis of inadequate evidence. Thus, someone who had problems with a first homework assignment might conclude: “This therapy will never work for me.”

***For learning more about Cognitive Behaviour Therapy for Depression mail us for a workshop and one-on-one learning session.**

SOLACE SHELTER