VOLLER ELAN

AUTO-PILOT-GEDANKEN

- Either / Or - "Either I do sport three times a week, or not at all"
- Filter - only hear criticism
- Do not believe in the good - "Did you really think it was good?"
- Over-generalize - „I am *always* criticized“
- Seeking the guilty one - „who´s fault was that?“
- Mind-reading - „I know exactly what he meant by that!“
- Always be right - „If they had only listened to me!“
- Labelling - „This is good or bad" / "I like it or do not like it"
- Personal responsibility - „if the event did not go well, it was because I had sent the invitation too late“
- „Had“ Thoughts - „If I had only done this, and he had only said that!“
- Catastrophe / predict the future - „I will mess up the whole presentation!“
- Believe in the feelings - „I AM stressed, I AM nervous!“