


Shoulds & Musts

'I want, therefore I MUST have.'

'Things must be comfortable and not frustrating, or life is awful.'



'I must be thoroughly competent at all times, or else I'm incompetent'

'You must behave as I think you ought to, or else there's something wrong with you.'

'You must treat me with respect and kindness, or you're a bad person who should be punished.'

Fortune Telling

'I'm not dating that person, it would never work out.'

'I'll go, but I won't enjoy myself.'

'That won't work out, so here's no point in trying.'

'I'd be rubbish at that so I'm not doing it.'

'I'm going to fail that exam so there's no point in putting effort in.'

'I'll always be alone.'



'I'm not ready yet - I'm not ready yet - I'm not ready yet.....'

Emotional Reasoning

'I feel bad, therefore it is bad.'

'I feel so angry at you, therefore you deserve to be punished.'



'I feel scared therefore this is a bad situation.'

'I feel insecure, therefore I'm not safe.'

'I feel sick and shaky, my life is awful.'

Mind Reading

'He thinks I'm an idiot.'

'She hates me.'

'They think I'm ugly.'

'She's a bitch. She did that out of spite and jealousy.'

'The teacher thinks I'm stupid.'




'They think I'm a loser'

'He doesn't like me, he thinks I'm boring.'

Awfulising

Have a spot? 'Life is AWFUL'.

Late for school? 'This is the most AWFUL day ever.'



Bad hair day? 'OMG, this is AWFUL'.

Friend snaps at you? 'She's so AWFUL'.

Raining? 'Oh God, this is so AWFUL'..

Comparing & Rating:

'She's prettier than me.'


'He's cooler than me.'

'They're really happy.'

'She has it so easy, I have it hard.'

'He's so popular, I'm so unpopular.'

'I'm not as good as the others'.



'They like him, they hate me.'

'OMG, look at her skin!'