



1. POLARIZED THINKING

When you have an "All-or-Nothing," or "Black and White" thinking pattern. Desire to be perfect or you are a complete failure.



2. MENTAL FILTERING

NEGATIVE MENTAL FILTERING

Focuses on negatives of a situation and filters out positives. Negative details are magnified.

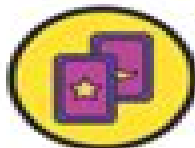
DISQUALIFYING THE POSITIVE

Acknowledges positives but refuses to accept it. Finds excuses to turn it into a negative one.



3. OVERGENERALIZATION

Focuses on a single event and makes a conclusion based on a single piece of negative evidence. Incorrectly conclude all similar events going forward will result in the same negative experience.



4. JUMPING TO CONCLUSIONS

MIND READING

Know what others are thinking. Assumptions of their intentions occur with no evidence.

FORTUNE TELLING

Make conclusions and predictions with no evidence and can have negative outcomes.



5. CATASTROPHIZING

MAGNIFICATION

Over exaggeration, which leads to worries escalating to the worst-case scenario.

MINIMIZATION

Minimizing positive experiences. The importance of positive qualities is diminished.



6. PERSONALIZATION

Takes things personally, which causes a direct and personal reaction to what others do or say, even if it is unrelated. Assuming you have been intentionally excluded or targeted.



7. BLAMING

Blaming others, playing a victim role, and holding others responsible for their pain. Blame is external rather than blaming themselves or taking some responsibility.

Patterns Of Thinking

Anthony S. Fauci



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