

# FOUR STEPS TO STOP NEGATIVE THOUGHT CYCLES

## MINDFULNESS-BASED COGNITIVE THERAPY

### NAME IT

Name the distorted thinking (e.g. catastrophic thinking, thinking, excessive worry, ruminating). By labeling the thinking style, you will create awareness by interrupting the negative cycle. This has also shown to increase activity to the part of the brain that regulates emotions. By doing this, you externalize your painful thought process and can begin to see it as separate from who you are and what problem actually is, or is not.

### FEEL IT

This part is hard, because no one wants to choose to feel the feelings associated with negative thoughts. But experiencing it in the body and expressing it helps you stay in the present moment and provide access to making a choice going forward. It's like pressing a pause button to help you see that you can decide if you want to continue to feel this way.

### RELEASE IT

Repeat the phrase to yourself while breathing in and out: "Breathing in, I acknowledge the feeling that's here; breathing out, I release it."

### REDIRECT IT

Shift your attention, distract yourself to something that feels better, healthier, or more important. In doing so, you are making a choice, and that is empowering when you feel out of contro.

# 15 KINDS OF DISTORTED THINKING

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### CATASTROPHIZING

When a person engages in catastrophizing, they expect disaster to strike, no matter what. This is also referred to as magnifying, and can also come out in its opposite behavior, minimizing. In this distortion, a person hears about a problem and uses what-if questions (e.g., “What if tragedy strikes?” “What if it happens to me?”) to imagine the absolute worst occurring. For example, a person might exaggerate the importance of insignificant events (such as their mistake, or someone else’s achievement). Or they may inappropriately shrink the magnitude of significant events until they appear tiny (for example, a person’s own desirable qualities or someone else’s imperfections).

### FALLACY OF FAIRNESS

In the fallacy of fairness, a person feels resentful because they think that they know what is fair, but other people won’t agree with them. As our parents tell us when we’re growing up and something doesn’t go our way, “Life isn’t always fair.” People who go through life applying a measuring ruler against every situation judging its “fairness” will often feel resentful, angry, and even hopelessness because of it. Because life isn’t fair — things will not always work out in a person’s favor, even when they should.

### BLAMING

When a person engages in blaming, they hold other people responsible for their emotional pain. They may also take the opposite track and instead blame themselves for every problem — even those clearly outside their own control. For example, “Stop making me feel bad about myself!” Nobody can “make” us feel any particular way — only we have control over our own emotions and emotional reactions.

### SHOULD

Should statements (“I should pick up after myself more...”) appear as a list of ironclad rules about how every person should behave. People who break the rules make a person following these should statements angry. They also feel guilty when they violate their own rules. A person may often believe they are trying to motivate themselves with shoulds and shouldn’ts, as if they have to be punished before they can do anything. For example, “I really should exercise. I shouldn’t be so lazy.” Musts and oughts are also offenders. The emotional consequence is guilt. When a person directs should statements toward others, they often feel anger, frustration and resentment.

### EMOTIONAL REASONING

The distortion of emotional reasoning can be summed up by the statement, “If I feel that way, it must be true.” Whatever a person is feeling is believed to be true automatically and unconditionally. If a person feels stupid and boring, then they must be stupid and boring. Emotions are extremely strong in people, and can overrule our rational thoughts and reasoning. Emotional reasoning is when a person’s emotions take over our thinking entirely, blotting out all rationality and logic. The person who engages in emotional reasoning assumes that their unhealthy emotions reflect the way things really are — “I feel it, therefore it must be true.”

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### FALLACY OF CHANGE

In the fallacy of change, a person expects that other people will change to suit them if they just pressure or cajole them enough. A person needs to change people because their hopes for success and happiness seem to depend entirely on them. This distortion is often found in thinking around relationships. For example, a girlfriend who tries to get her boyfriend to improve his appearance and manners, in the belief that this boyfriend is perfect in every other way and will make them happy if they only changed these few minor things.

### HEAVEN'S REWARD FALLACY

The false belief that a person's sacrifice and self-denial will eventually pay off, as if some global force is keeping score. This is a riff on the fallacy of fairness, because in a fair world, the people who work the hardest will get the largest reward. A person who sacrifices and works hard but doesn't experience the expected pay off will usually feel bitter when the reward doesn't come.

### GLOBAL LABELING

In global labeling (also referred to as mislabeling), a person generalizes one or two qualities into a negative global judgment about themselves or another person. This is an extreme form of overgeneralizing. Instead of describing an error in context of a specific situation, a person will attach an unhealthy universal label to themselves or others. For example, they may say, "I'm a loser" in a situation where they failed at a specific task. When someone else's behavior rubs a person the wrong way — without bothering to understand any context around why — they may attach an unhealthy label to him, such as "He's a real jerk." Mislabeling involves describing an event with language that is highly colored and emotionally loaded. For example, instead of saying someone drops her children off at daycare every day, a person who is mislabeling might say that "She abandons her children to strangers."

### ALWAYS BEING RIGHT

When a person engages in this distortion, they are continually putting other people on trial to prove that their own opinions and actions are the absolute correct ones. To a person engaging in "always being right," being wrong is unthinkable — they will go to any length to demonstrate their rightness. For example, "I don't care how badly arguing with me makes you feel, I'm going to win this argument no matter what because I'm right." Being right often is more important than the feelings of others around a person who engages in this cognitive distortion, even loved ones.

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### **FILTERING**

A person engaging in filter (or “mental filtering) takes the negative details and magnifies those details while filtering out all positive aspects of a situation. For instance, a person may pick out a single, unpleasant detail and dwell on it exclusively so that their vision of reality becomes darkened or distorted. When a cognitive filter is applied, the person sees only the negative and ignores anything positive.

### **POLARIZED THINKING (OR “BLACK AND WHITE” THINKING)**

In polarized thinking, things are either “black-or-white” — all or nothing. We have to be perfect or we’re a complete and abject failure — there is no middle ground. A person with polarized thinking places people or situations in “either/or” categories, with no shades of gray or allowing for the complexity of most people and most situations. A person with black-and-white thinking sees things only in extremes.

### **OVERGENERALIZATION**

In this cognitive distortion, a person comes to a general conclusion based on a single incident or a single piece of evidence. If something bad happens just once, they expect it to happen over and over again. A person may see a single, unpleasant event as part of a never-ending pattern of defeat. For instance, if a student gets a poor grade on one paper in one semester, they conclude they are a horrible student and should quit school.

### **JUMPING TO CONCLUSIONS**

Without individuals saying so, a person who jumps to conclusions knows what another person is feeling and thinking — and exactly why they act the way they do. In particular, a person is able to determine how others are feeling toward the person, as though they could read their mind. Jumping to conclusions can also manifest itself as fortune-telling, where a person believes their entire future is pre-ordained (whether it be in school, work, or romantic relationships). For example, a person may conclude that someone is holding a grudge against them, but doesn’t actually bother to find out if they are correct. Another example involving fortune-telling is when a person may anticipate that things will turn out badly in their next relationship, and will feel convinced that their prediction is already an established fact, so why bother dating.

### **CONTROL FALLACIES**

This distortion involves two different but related beliefs about being in complete control of every situation in a person’s life. In the first, if we feel externally controlled, we see ourselves as helpless a victim of fate. For example, “I can’t help it if the quality of the work is poor, my boss demanded I work overtime on it.” The fallacy of internal control has us assuming responsibility for the pain and happiness of everyone around us. For example, “Why aren’t you happy? Is it because of something I did?”