

## Alternative Thoughts

Catastrophizing: *What's really likely to happen?*

Discounting the positive: *What went well? What did I do that was okay?*

Labeling: *Does this label apply to me all the time, in all situations?*

Mind reading: *What evidence do I have that this is what people are actually thinking?*

Perfectionism: *Am I expecting more of myself than I would expect of someone else?*

Intolerance of uncertainty: *What is the cost I am paying to eliminate all risk from my life?*