

Spot the Thought

Anxious situation:

What am I afraid of?

What is the worst that could happen if this comes true?

What would this mean about me, my life, or my future?

Monkey Miscalculations:

- Catastrophizing (assuming the worst possible outcome)
- Discounting the positive (ignoring what went well)
- Labeling (putting a negative name on yourself)
- Mind reading (guessing what others are thinking or will think)
- Perfectionism (setting a standard for yourself that you would not set for someone else)
- Intolerance of uncertainty (inability to accept risk)