

Automatic Negative Thoughts

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| Always or Never Thinking | Focussing on the Negative |
| Catastrophic Thinking | Mind-Reading |
| Guilt Tripping | Labelling |
| Personalizing | Going into Overwhelm |

Total Truth

Whenever you are having an argument with someone take yourself through these questions

What are you angry about?

What are you afraid of?

What requests do you have?

Express your love