

Double standards

Two sets of standards: those that apply to you and those that apply to everyone else. The ones you set yourself allow little space for errors and demand a lot. The ones set for everyone else allow for mistakes and leniency.



Overgeneralisation

Overgeneralising occurs when someone concludes that because they have failed to achieve one goal this means they are a failure as a person overall.

'Should' statements

Your life is ruled by 'should'. What you should do and what you shouldn't. You may think of life like a game of chess, there are rules which dictate how to move or behave, outside of those rules the game would no longer be playable.



Selective attention

You view life through a filter so that not everything you see or hear is paid attention to. What typically passes through your 'filter' are negative comments, perceived failures, and evidence to suggest you haven't done well. What gets filtered out is the evidence which suggests otherwise.