

CHANGE MY THINKING → CHANGE MY MOOD!

BLAMING

"YOU are responsible for my pain!" "It's your fault!" "YOU need to fix the problem!"



An example of a time that I used blaming is...

What I can do differently next time is...

MAGNIFYING

Turning a small problem into a HUGE problem. Sweating the small stuff.



An example of a time that I used magnifying is...

What I can do differently next time is...

GLOBAL LABELS

"You are TOTALLY horrible!" "You are COMPLETELY selfish!" "You ALWAYS do that!"



An example of a time that I used global labels is...

What I can do differently next time is...

MIND-READING

Assuming that you know what someone else is thinking. Jumping to conclusions.



An example of a time that I used mind-reading is...

What I can do differently next time is...

DEMANDING

Forcing someone else to act or feel the same way that you act or feel. "Do this, not that!"



An example of a time that I used demanding is...

What I can do differently next time is...
