Discounting the Positive

Process of filtering out all the good aspects from a situation and simply focusing on the negative sides.
Catastrophizing

Pattern or expecting the worst to happen.

Tendency to overestimate likelihood of negative outcome and underestimate recourses and coping abilities.
Pattern of seeing yourself as the cause of negative outcomes that you are not responsible for.
All cats have four legs.
I have four legs.
Therefore, I am a cat.

Pattern of evaluating events and people in a broad term such as "never", "always", "every time", "everyone".