

Self-esteem Adventure

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.

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Personalization



Pattern of seeing **yourself** as the cause of negative outcomes that you are not responsible for.

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Overgeneralization



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