

ANT BUDDY

WHAT THEY DO

EXAMPLE

OVERGENERALIZING

Ollie 

ONE bad thing means that EVERYTHING is bad ALWAYS. Likes using words like always, everyone, never, etc.

"I messed up my chemistry experiment today. I never do anything right and I'll never understand this!"

ALL OR NOTHING

Allie 

Things are all good or all bad – a total success or total failure.

A student who gets an A- on an exam feels like a failure because they are used to getting an A+ only.

LABELING

Lester 

Uses ONE word labels or names to describe self, someone else or the situation.

"I fell down trying to score a goal in soccer today. I'm a horrible klutz and so stupid!"

FILTERING

Freddy 

Focus on some things and ignore others. Really likes to focus on the BAD and ignore the GOOD.

A student writes a paper, and despite all of the positive feedback, they can only focus on the word they spelled wrong.

BLAMING

Betty 

Tends to blame others for problems and refuses to take responsibility – may even blame for personal feelings.

"It's not my fault! She made me so mad when she called me a name, so I hit her to make her stop."

CATASTROPHIZING

Camie 

Makes SMALL problems seem like BIG problems – especially focusing on the "worst case scenario".

What if I make a mistake during my speech and get a bad grade on the project?

MINIMIZING

Maddie 

Makes BIG deals seem like LITTLE deals – really likes to try to make you ignore your feelings.

After acing a test, the student thinks, "Yeah, I did well on that test, but I just got lucky."

JUMPING TO CONCLUSIONS

Jazz 

Makes guesses on what is going on, even when there is no information about the facts.

A student's mom is late to pick-up and they think, "Oh man! I bet she got into an accident on her way!"

MIND READING

Marty 

Likes to guess about the thoughts and feelings of others, then likes to think about why.

A friend doesn't answer a text or call. The immediate thought is, "He's not answering. He must be mad at me."

EMOTIONAL REASONING

Ellie 

Takes feelings as the truth – blocking out all logic from a situation.

A student is lonely sitting outside at recess. They think, "I'm lonely, so nobody must like me."

SHOULDA

Steve 

Focuses on what you "should" or "shouldn't" do – especially following a mistake – causing guilt or frustration.

Despite studying really hard, a student gets a B- on a test. They think, "Ugh... I should have studied more."

PERSONALIZATION

Pete 

Places blame on self for things that there is little control over. May also say people are doing things on purpose.

After getting cut in line, "They are just doing this on purpose to make me mad!" Ignoring that it's that person's spot.

ALWAYS RIGHT

Ron 

Argues and questions others to prove one opinion – even ignoring strong facts to the opposite.

"We're having pizza for lunch." Argues and becomes upset when it's shown on the menu that this is not the case.

NOT FAIR

Frank 

Things are either "fair" or "unfair". All situations and interactions are judged upon this simple rule.
















"Why does she get to use a fidget and I don't? That's not fair."

CHANGE 'EM

Charlie 

Other people should change to make you happy, and they will change given enough pressure to do so.

"If she would just wear normal clothes and try and fit in, then we'd be able to be better friends."

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SOME thoughts I HAVE...

