

Event:						
POT	1 	2 	3 	4 	5 	A AFTERWARDS
Feelings <i>What did I feel?</i>						
Physical Sensations <i>What was my body doing?</i>						
Thoughts <i>What was I thinking?</i>						
Filters <i>Which were triggered?</i>						
Urges <i>What did I want to do?</i>						
Behaviours <i>What did I do?</i>						

Filters:

Abandonment / Entitlement / Emotional deprivation / Subjugation / Mistrust / Failure to achieve / Unrelenting standards / Vulnerable to harm / Defectiveness / Self-sacrifice

CONNECTION TO OTHERS

EMOTIONAL DEPRIVATION

"I'll never get the love I need" We believe that our important needs, e.g., affection, protection, caring, will not be met by others. People with this filter have difficulty trusting others, do not easily accept help from others and appear very independent or standoffish. This filter may have started when someone very important to we, (like a parent) could not provide for our needs.

BASIC SAFETY

ABANDONMENT

"Please don't leave me" We believe that anyone who comes close to we will eventually leave we. To avoid the pain of feeling abandoned, people with this filter avoid close relationships, and/or purposely (or subconsciously) do something to cause a relationship to end before the other person ends it. This filter may have developed because of a past significant loss or frequently being left alone for extended periods of time, especially during childhood.

MISTRUST

"I can't trust we" We believe that others cannot be trusted...that others will eventually take advantage of or abuse we in some way. People with this filter expect others to hurt, cheat, manipulate, lie, or put them down. Any hurt is seen as intentional. People with this filter may think of attacking the other person first or put great effort into revenge. This filter may follow severe or ongoing abuse or unfair treatment from a significant person such as a parent.

SELF-ESTEEM

DEFECTIVENESS/ SOCIAL UNDESIRABILITY

"I'm worthless", "I don't fit in" We believe that we are different from other people, flawed, bad, inferior, socially undesirable and that, if we let others get to know we, they will find out. This often leads to a strong sense of shame. People with this filter may be hypersensitive to criticism, rejection, and blame, and are self-conscious and insecure

around others. This filter may result from ongoing rejection by significant others like parents or peers.

FAILURE TO ACHIEVE

"I feel like such a failure" We believe that we cannot perform as well as our peers in areas like work, education, or sports. People with this filter may feel stupid, useless, or untalented, and often do not try to achieve because they believe they will fail.

AUTONOMY/INDEPENDENCE

VULNERABILITY TO HARM AND ILLNESS

"Catastrophe is about to strike" We believe we are always on the verge of a major random catastrophe (financial, natural, medical, criminal, etc.). No matter how well things are going, we expect trouble. We believe we can't handle life's difficulties. People with this filter may take excessive precautions to protect them-selves. They may avoid pleasant activities to avoid the pain of the hurt they believe will soon occur. Some people with this filter rely on others excessively for help in areas such as making decisions or starting something new. This filter may have started after a significant trauma such as an illness or the loss of an important person.

FOCUS ON OTHERS

SELF-SACRIFICE

"Other people are more important than I am and must be put first" We believe we must sacrifice our own needs in to help others. People with this filter feel guilty when they pay attention to their own needs. To avoid this guilt, they put others' needs ahead of their own. Helping others may give them a sense of identity. This filter often leads to a sense that one's own needs are not being met adequately, and they often resent those they are taking care of. Some people alternate between self-sacrifice and feelings of entitlement. This filter may be related to excessive demands being placed on us, especially when we were a young child.

SUBJUGATION

"I'll always do it our way" We believe we must submit to others to avoid negative consequences. We surrender control over our behaviour, emotional expression, and decisions because we feel pressured by others. People with this filter often fear others will get angry or reject them if they don't submit. They may believe their own desires, opinions, and feelings are not valid or important. People with this filter are excessively accommodating and may be hypersensitive to feeling trapped. Anger is often suppressed when this filter is active. This filter may start when a person is constantly invalidated and/or made dependent on another.

SELF-EXPRESSION

UNRELENTING STANDARDS

"Nothing I do is ever quite good enough" We believe whatever we do is not good enough or not acceptable. We believe we must meet excessively high perfectionistic standards of behaviour and performance to avoid criticism (from our-self and others). People with this filter may place excessive emphasis on status, wealth, and power at the expense of relationships, health, and happiness. People with this filter often have trouble slowing down, feel pressured, and are very critical of themselves and others. This filter may be rooted in perfectionistic standards of parents or peers.

REALISTIC LIMITS

ENTITLEMENT

"I can have whatever I want" We believe we should be able to do, say or have whatever we want right now, regardless of whether it hurts others or seems unreasonable to them. Others (and the world in general) owe us. People with this filter have an excessive tendency to assert their power, force their point of view on, or control others. People with this filter may be very demanding and self-focused and are often unaware of the long-term cost of alienating other people. This filter may develop as a response to negative life experiences.

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Thinking Styles <i>Which were triggered?</i>						
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Behaviours <i>What did I do?</i>						

Thinking Styles:

Black-And-White Thinking / Personalization / 'Should' Statements / Catastrophizing / Magnifying / Minimizing / Mindreading / Fortune Telling / Overgeneralization / Discounting The Positive / Filtering / Labelling / Emotional Reasoning / Blaming / Always Being 'Right' / Self-Serving Bias / 'Heaven's Reward' Fallacy / Fallacy Of Change / Fallacy Of Fairness / Control Fallacy

1. BLACK-AND-WHITE THINKING

A person with this dichotomous thinking pattern typically sees things in terms of either/or. Something is either good or bad, right or wrong, all or nothing. Black-and-white thinking fails to acknowledge the shades of grey that exist between black and white. By seeing only two possible sides or outcomes to something, a person ignores the middle—and possibly more reasonable—ground.

2. PERSONALIZATION

When engaging in this type of thinking, an individual tends to take things personally. They may attribute things that other people do as the result of their own actions or behaviours. This type of thinking also causes a person to blame them self for external circumstances outside the person's control.

3. 'SHOULD' STATEMENTS

Thoughts that include "should," "ought," or "must" are almost always related to a cognitive distortion. For example: "I should have arrived to the meeting earlier," or, "I must lose weight to be more attractive." This type of thinking may induce feelings of guilt or shame. "Should" statements also are common when referring to others in our lives. These thoughts may go something like, "He should have called me earlier," or, "She ought to thank me for all the help I've given her." Such thoughts can lead a person to feel frustration, anger, and bitterness when others fail to meet unrealistic expectations. No matter how hard we wish to sometimes, we cannot control the behaviour of another, so thinking about what others should do serves no healthy purpose.

4. CATASTROPHIZING

This occurs when a person sees any unpleasant occurrence as the worst possible outcome. A person who is catastrophizing might fail an exam and immediately think they have likely failed the entire course. A person may not have even taken the exam yet and already believe they will fail—assuming the worst, or pre-emptively catastrophizing.

5. MAGNIFYING

With this type of cognitive distortion, things are exaggerated or blown out of proportion, though not quite to the extent of catastrophizing. It is the real-life version of the old saying, "Making a mountain out of a molehill."

6. MINIMIZING

The same person who experiences the magnifying distortion may minimize positive events. These distortions sometimes occur in conjunction with each other. A person who distorts reality by

minimizing may think something like, "Yes, I got a raise, but it wasn't very big and I'm still not very good at my job."

7. MINDREADING

This type of thinker may assume the role of psychic and may think they know what someone else thinks or feels. The person may think they know what another person thinks despite no external confirmation that their assumption is true.

8. FORTUNE TELLING

A fortune-telling-type thinker tends to predict the future, and usually foresees a negative outcome. Such a thinker arbitrarily predicts that things will turn out poorly. Before a concert or movie, you might hear them say, "I just know that all the tickets will be sold out when we get there."

9. OVERGENERALIZATION

When overgeneralizing, a person may come to a conclusion based on one or two single events, despite the fact reality is too complex to make such generalizations. If a friend misses a lunch date, this doesn't mean they will always fail to keep commitments. Overgeneralizing statements often include the words "always," "never," "every," or "all."

10. DISCOUNTING THE POSITIVE

This extreme form of all-or-nothing thinking occurs when a person discounts positive information about a performance, event, or experience and sees only negative aspects. A person engaging in this type of distortion might disregard any compliments or positive reinforcement they receives.

11. FILTERING

This cognitive distortion, similar to discounting the positive, occurs when a person filters out information, negative or positive. For example, a person may look at their feedback on an assignment in school or at work and exclude positive notes to focus on one critical comment.

12. LABELING

This distortion, a more severe type of overgeneralization, occurs when a person labels someone or something based on one experience or event. Instead of believing that they made a mistake, people engaging in this type of thinking might automatically label themselves as failures.

13. EMOTIONAL REASONING

Mistaking one's feelings for reality is emotional reasoning. If this type of thinker feels scared, there must be real danger. If this type of thinker feels stupid, then to him or her this must be true. This

type of thinking can be severe and may manifest as obsessive compulsion. For example, a person may feel dirty even though they have showered twice within the past hour.

14. BLAMING

This is the opposite of personalization. Instead of seeing everything as your fault, all blame is put on someone or something else.

15. ALWAYS BEING 'RIGHT'

This thinking pattern causes a person to internalize their opinions as facts and fails to consider the feelings of the other person in a debate or discussion. This cognitive distortion can make it difficult to form and sustain healthy relationships.

16. SELF-SERVING BIAS

A person experiencing self-serving may attribute all positive events to their personal character while seeing any negative events as outside of their control. This pattern of thinking may cause a person to refuse to admit mistakes or flaws and to live in a distorted reality where they can do no wrong.

17. 'HEAVEN'S REWARD' FALLACY

In this pattern of thinking, a person may expect divine rewards for their sacrifices. People experiencing this distortion tend to put their interests and feelings aside in hopes that they will be rewarded for their selflessness later, but they may become bitter and angry if the reward is never presented.

18. FALLACY OF CHANGE

This distortion assumes that other people must change their behaviour in order for us to be happy. This way of thinking is usually considered selfish because it insists, for example, that other people change their schedule to accommodate yours or that your partner shouldn't wear their favourite t-shirt because you don't like it.

19. FALLACY OF FAIRNESS

This fallacy assumes that things have to be measured based on fairness and equality, when in reality things often don't always work that way. An example of the trap this type of thinking sets is when it justifies infidelity if a person's partner has cheated.

20. CONTROL FALLACY

Someone who sees things as internally controlled may put them self at fault for events that are truly out of the person's control, such as another person's happiness or behaviour. A person who sees things as externally controlled might blame their boss for poor work performance.

ANGRY	ANGRY	ANXIOUS	CONFUSED	DISGUST	HURT	SAD	DEPRESSED	SHAME	LONGING
Aggravated	Livid	Nervous	Ambivalent	Hatred	Aching	A Sense Of Loss	Apathetic	Desperate	Envious
Animosity	Mad	Panicked	Baffled	Detestable	Afflicted	Despair	Blue	Disgraced	Jealous
Annoyed	Outraged	Quaking	Bewildered	Disgusting	Agonized	Devastated	Downhearted	Embarrassed	Nostalgic
Bitter	Provoked	Restless	Conflicted	Distain	Alienated	Discouraged	Hopeless	Guilty	Pining
Contempt	Resentful	Scared	Discombobulated	Disturbed	Appalled	Dissatisfied	Low	Humiliated	Wistful
Cross	Scornful	Shaky	Disillusioned	Repulsed	Crushed	Distraught	Gloomy	Mortified	Yearning
Enraged	Vengeful	Shy	Doubtful	Repugnant	Disappointed	Downcast	Melancholy	Remorse	VULNERABLE
Frustrated	Vindictive	Suspicious	Hesitant	Uneasy	Deprived	Downhearted	Numb	Regret	Cautious
Fuming	ANXIOUS	Terrified	Indecisive	HELPLESS	Heartbroken	Forlorn	Pained	Self-conscious	Defenceless
Furious	Agitated	Threatened	Lost	Alone	Insulted	Gloomy	Pessimistic	SHOCKED	Excluded
Hateful	Alarmed	Timid	Perplexed	Despair	Lonely	Grief-stricken	DESPONDENT	Appalled	Exposed
Hostile	Apprehensive	Trepidatious	Puzzled	Distressed	Offended	Heavy Hearted	Bored	Disbelief	Fragile
Impatient	Concerned	Unsettled	Sceptical	Dominated	Pained	Lousy	Detached	Dismay	Frail
Incensed	Dread	Wary	Stupefied	Incapable	Rejected	Miserable	Dejected	Horrified	Guarded
Indignant	Distressed	Worried	Torn	Inferior	Tormented	Mournful	Desolate	Distrustful	Insecure
Inflamed	Foreboding	OVERWHELMED	Unbelieving	Pathetic	Tortured	Sorrowful	Disinterested	Mystified	Left Out
Infuriated	Fearful	Exasperated	Uncertain	Paralyzed	Upset	Tearful	Empty	Startled	Reluctant
Irate	Frightened	Flustered	Unsure	Powerless	Victimized	Unhappy	Lifeless	Surprised	Susceptible
Irked	Insecure	Pressured		Tragic	Wronged	Woeful	Neutral	ANGUISH	Weak
Irritated	Menaced	Stressed		Useless			Nonchalant	Turmoil	