

BAD RAP*



Handout

1. **BLACK & WHITE:** Seeing things as all or nothing. Beware of words like “never,” “always,” “nothing,” and “every-one.”
“Real men don’t admit their mistakes.”
“You’re either on my side or you’re not.”
“You can’t trust anyone over 30.”
2. **MINIMIZING:** Downplaying your achievements.
“Even though I finally made supervisor, it’s no big deal.”
“I did well, but so did a lot of other people.”
“My counselor just gives me good feedback because she’s paid to say it.”
3. **MINDREADING:** Assuming that others think something without checking it out.
“I know my boss hates me—he gave me a dirty look.”
“She’s avoiding me—she must be pretty mad.”
“My girlfriend didn’t call me today—she must not care about me.”
4. **AWFULIZING:** Predicting that things will turn out “awful” for you.
“My boss will never trust me again.”
“I know I’m not going to make it through this place.”
“Wow, he is so good at that—I’ll never be able to do it that well!”
5. **ERROR IN BLAMING:** Unfairly blaming yourself—or others.
“It’s all my fault,” or “It’s all their fault.”
“It’s my fault my son is shy.”
“You always mess everything up for me.”
6. **DOWN-PUTTING:** Making too much of your shortcomings or mistakes (the opposite of **MINIMIZING**).
“I’m overweight, so I must be lazy and stupid.”
“I failed this test; I must be dumb.”
“I’m in counseling; I must be a bad person.”
“She doesn’t like me; I must be ugly.”
7. **EMOTIONAL REASONING:** Concluding that if you feel a certain way about yourself, then it must be true.
“Since I feel bad about myself, I must be a bad person.”
“I feel rejected, so everybody must be rejecting me.”
“Since I feel guilty, I must have done something wrong.”

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