Although some of the automatic thoughts are true, many are either untrue or have just a grain of truth. Typical mistakes in thinking include:

1. **All-or-nothing thinking**: (also called black-and-white, polarized, or dichotomous thinking):
   You view a situation in only two categories instead of on a continuum.
  为例: "If I'm not a total success, I'm a failure."

2. **Catastrophizing**: (also called fortune telling): You predict the future negatively without considering other, more likely outcomes.
   为例: "I'll be so upset, I won't be able to function at all."

3. **Disqualifying or discounting the positive**: You unreasonably tell yourself that positive experiences, deeds, or qualities do not count.
   例如: "I did that project well, but that doesn't mean I'm competent; I just got lucky."

4. **Emotional reasoning**: You think something must be true because you "feel" (actually believe) it so strongly, ignoring or discounting evidence to the contrary.
   例如: "I know I do a lot of things okay at work, but I still feel like I'm a failure."

5. **Labeling**: You put a fixed, global label on yourself or others without considering that the evidence might more reasonably lead to a less disastrous conclusion.
   例如: "I'm a loser. He's no good."

6. **Magnification/minimization**: When you evaluate yourself, another person, or a situation, you unreasonably magnify the negative and/or minimize the positive.
   例如: "Getting a mediocre evaluation proves how inadequate I am. Getting high marks doesn't mean I'm smart."

7. **Mental filter (also called selective abstraction)**: You pay undue attention to one negative detail instead of seeing the whole picture.
   例如: "Because I got one low rating on my evaluation [which also contained several high ratings] it means I'm doing a lousy job."

8. **Mind reading**: You believe you know what others are thinking, failing to consider other more likely possibilities.
   例如: "He's thinking that I don't know the first thing about this project."

9. **Overgeneralization**: You make a sweeping negative conclusion that goes far beyond the current situation.
   例如: "[Because I felt uncomfortable at the meeting] I don't have what it takes to make friends."

10. **Personalization**: You believe others are behaving negatively because of you, without considering more plausible explanations for their behavior.
    例如: "The repairman was curt to me because I did something wrong."

11. **"Should" and "must" statements (also called imperatives)**: You must have a precise, fixed idea of how you or others should behave and you overestimate how bad it is that these expectations are not met.
    例如: "It's terrible that I made a mistake. I should always do my best."

12. **Tunnel vision**: You only see the negative aspects of a situation.
    例如: "My son's teacher can't do anything right. He's critical and insensitive and lousy at teaching."