

What the mind says...

Being 'black or white' / catastrophising

Taking it personally / blaming self / I should be able to control everything...

Blaming everyone / everything else

Mind reading

Fortune telling / jumping ahead

High standards, 'I must', 'I have to'

Not appreciating achievements

Thinking it through, analysis, trying to get clear and certain

Minimising – it's not a big deal, I'll worry about that later, stuff it

Comparing – how I used to be, what I 'should' be doing, other people

Permission-giving – I deserve a break / snack / the morning in bed

Justifying and defending