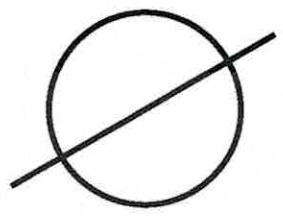
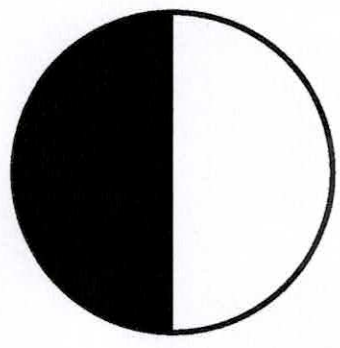


MENTAL MISTAKE #1

All or Nothing Thinking



All 24/7



Nothing



Life is seldom Black and White (Always or Never).
There is a continuum of shades of grey.



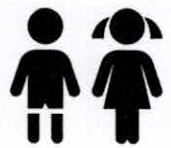
Example of Distorted Thoughts (Always / Never)

Child
(feels unfair)

Relationships
(can trigger a fight)

Criminal Justice
(dangerous)

"You **ALWAYS** let Johnny stay up late and you **NEVER** let me!"



"You **ALWAYS** go out with your friends and you **NEVER** take me!"



"If I can't have you **NO** one can"

