



Review of Type A Inner Dialogue

All-or-Nothing Thinking: Also called black-and-white or dichotomous thinking; viewing a situation as having only two possible outcomes.

Overgeneralizations: Drawing overstated conclusions based on one instance, or on a limited number of instances.

Devaluation of self and others: a defense mechanism in which stressors are faced by attributing exaggerated negative qualities to the self or to others.

Mindreading (negative predictions): Predicting or believing you know what other people think.

Catastrophizing: Predicting future calamity; ignoring a possible positive future.

(Taken from Herbert J. D., & Forman, E. M. (2011). *Acceptance and mindfulness in cognitive behavior therapy: Understanding and applying the new therapies*. Hoboken, NJ: John Wiley & Sons.)