Unhealthy Thinking

**All-or-Nothing Thinking**: Seeing things in “black and white”. There is no middle ground
*Example*: “Life will always be terrible, so I should just keep using & drinking”

**Overgeneralization**: Coming to a general conclusion based on a single or few events
*Example*: “I went to one AA meeting, and it was stupid. It didn’t help me and won’t help me in the future, so I’m not going back”

**Rationalizing**: Using excuses to justify your behaviors
*Examples*: “I’ve worked hard these past few days, so I deserve a few drinks”; “All my friends do drugs, so it’s okay if I do, too”; “I’m really shy so I need drugs to give me the courage to talk to people”; “I need alcohol to control my anger”

**Magnification**: Turning small problems into big ones (“making a mountain out of a molehill”)
*Example*: “I gave a bad presentation at work. I’m doomed. I’ll get fired. I need to have a drink”

**Minimization**: Turning big problems into small ones by minimizing their significance
*Example*: “I’ll only drink on the weekends... it’s no big deal”

**Denial**: “My problem isn’t that bad... I can handle I drink”; “I don’t think I have a problem anymore...”

**Blaming**: “My family is what’s causing my need for a drink right now!”

**Boredom**: “I have nothing going on... I can have a drink”; “Life is so boring without drugs...”

**Romanticizing**: “Life was so much more exciting with drugs!”
Credits

Alina V Design
and Resources

-Thank you for the border!