

# Distorted Thinking in ADD

These thinking patterns are not unique to ADD people, but they occur frequently enough to stand-out.



- **All-or-nothing thinking.** You view everything as entirely good or entirely bad: If you don't do something perfectly, you've failed.
- **Overgeneralization.** You see a single negative event as part of a pattern: For example, you *always* forget to pay your bills.
- **Mind reading.** You think you know what people think about you or something you've done — and it's bad.
- **Fortune telling.** You are certain that things will turn out badly.
- **Magnification and minimization.** You exaggerate the significance of minor problems while trivializing your accomplishments.
- **"Should" statements.** You focus on how things *should* be, leading to severe self-criticism as well as feelings of resentment toward others.
- **Personalization.** You blame yourself for negative events and downplay the responsibility of others.
- **Mental filtering.** You see only the negative aspects of any experience.
- **Emotional reasoning.** You assume that your negative feelings reflect reality: Feeling bad about your job means "I'm doing badly and will probably get fired."
- **Comparative thinking.** You measure yourself against others and feel inferior, even though the comparison may be unrealistic.