1. Overgeneralizations.

This involves making sweeping generalizations based on a single incident.

**Example:** “I fail on this one exam and therefore am going to fail at everything.”

2. Selective Abstraction.

This involves selectively focusing on the negative in spite of various positive events that have occurred.

**Example:** “I failed this one exam and, in spite of my 3.999 GPA, I’m still a failure.”

3. Magnification and Minimization.

This involves catastrophizing about a negative event or diminishing the importance of a positive event.

**Examples:** “I arrived for work 5 minutes late – I’m going to get fired.”

“Even though I’m tops in my class and everyone thinks I’m wonderful, I’m really a complete failure.”

4. Arbitrary Inference.

This involves “filling in” information gaps, making inferences or drawing conclusions in the absence of sufficient evidence.

**Example:** “My professor doesn’t seem to like me; I’m going to do miserably in this course.”