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- Seeing only the  
one possible outcome of a  
situation will be so awkward  
Either one will notice and think I'm  
weird  
◦ Tip Reframe evidence for and against your  
thought
  - You believe or  
know that others are thinking  
failing to consider other more  
likely possibilities. The person  
just looked at me funny. The  
probability I'm gay  
◦ Tip Remember that it is  
impossible to know what  
someone has and other people  
are thinking unless they tell you
  - Thinking  
in absolutes such as always  
never or forever. I never do a  
good job on anything  
◦ Tip Try assigning a realistic  
percentage of the time like  
instead of all or
  - You think  
something must be true because  
you feel it so strongly ignoring  
evidence to the contrary. I know I  
do a lot of things okay at work  
but I still feel like I'm a failure  
◦ Tip Reframe evidence for and  
against your feeling in a logical  
and specific

