|  |  |  |
| --- | --- | --- |
| **NAT (type)** | **Description**  | **Examples**  |
| ‘All or nothing’ | Seeing the world in black and white terms, no shades of grey | “Unless I get top marks, there’s no point me doing the test”“I didn’t stick to my eating plan today – I have failed and will give up”“If I am not thin I must be fat” |
| ‘Over generalisation’ | One unfortunate event leads to the assumption that this will happen every time | “I’ve had to re arrange meeting my mum, I always let her down”“I’ve binged today, I can’t resist food and will never be in control of my eating” |
| ‘Selective attention’ | Thinking about and dwelling exclusively on the negative parts of life; positive experiences don’t count for anything; successes are seen as flukes; no pleasure taken from positive events | “He only asked me out because he didn’t want to be on his own that evening”“Everyone is more attractive than me”“It doesn’t matter that I’ve got good friends, I’m nothing unless I’m thin”“I hate my thighs” |
| ‘Negative predictions’ | Assuming the worst; expecting failure before trying | “If I try and make friends, I’ll be rejected”“I know this treatment won’t work, I’ll always be eating disordered” |
| ‘Catastrophising’ | Common misfortunes become disasters; exaggerating your own imperfections | “I made a mistake, now everyone hates me”“I’ll never recover from my eating disorder because I binged this morning” |
| ‘Emotional reasoning’ | Taking feelings as facts  | “I feel frightened, there must be some real danger”“I feel fat, therefore I am fat” |
| ‘Shoulds’, ‘musts’, ‘oughts’ | You try to motivate yourself with ‘shoulds’, ‘musts’ and ‘oughts’ but end up feeling guilty, For example, you think you should always be capable of staying calm or never getting angry etc. These statements are over demanding, unreasonable and cause unnecessary pressure.When you direct ‘should’ statements towards others or towards life in general, you feel anger and resentment | “I ought to be a better daughter”“I should be seven stones, therefore I must diet”“I must be thin so that I can be more confident”“My family should know that I am under stress and treat me better”“I’ve tried to live a good life, bad things shouldn’t happen to me” |
| ‘Labelling / mislabelling’ | Labelling yourself on the basis of one mistake or one experience | “I got that wrong. I’m stupid”“I’m a useless, silly, fat cow” |
| ‘Personalisation’ | Attributing things going wrong to oneself | “My parents fight ‘cos I’m an awful daughter”“Everyone would have had a better time at the party if I hadn’t been there” |
| ‘Mind reading’ | Jumping to conclusions about what others are thinking, rather than finding out what they are really thinking  | “My partner doesn’t really love me – that’s why he works late”“She didn’t speak to me because she can see how fat I am” |
| ‘Magnification and minimisation’ | You exaggerate the importance of some things, such as the strengths and coping abilities of others. At the same time, you play down the importance of some things until they appear insignificant, such as your own abilities and methods of coping | “Everyone is coping better than me”“Other people find it much easier to recover from an eating disorder” |