

COGNITIVE ERRORS OF HYPOMANIA

Positive fortune-telling/being overly optimistic about unknown outcomes
Over-reliance on luck
Underestimating risk of danger
Overestimating one's capabilities
Disqualifying the negative/minimization of life problems
Overvaluing immediate gratification
Misinterpreting intentions of others, e.g.,
Misperceiving sexual or aggressive content or innuendo

COGNITIVE ERRORS OF DEPRESSION

All-or-nothing thinking
Overgeneralization
Mental filter
Disqualifying the positive
Jumping to conclusions
Personalization

NEGATIVE EXPLANATORY STYLE FOR BAD EVENTS

Internal vs. external
Stable/permanent vs. temporary
Global vs. specific (e.g., "I'm a failure.")

CORE BELIEFS

WHAT THEY ARE

Central ideas about the self
Formed early in life
Activated in times of stress
Act as a filter
Generally involve themes of unlovability or hopelessness
Act as risk factors for future episodes

IDENTIFYING CORE BELIEFS

Find a general theme in negative automatic thoughts
Find underlying meaning of thoughts
Explore hypotheses

TYPES OF CORE BELIEFS

Helpless Core Beliefs

I am powerless
I am vulnerable
I am inadequate
I am incompetent
I am disrespected
I am not good enough (in terms of achievement)

Unlovable Core Beliefs

I am unlikable
I am bad
I am defective (so others will not love me)
I am bound to be abandoned or rejected
I am unwanted