

# LIMITING LANGUAGE TOOL

Identifying specific distortions in our speech that indicate a Limiting Belief

Language Description	The Limiting Language you said or Self Talk.	What circumstance that triggered the Limiting Language or Self Talk
<b>Overgeneralization</b> Example: Using words like “never” “always” “I’m always late”		
<b>Labeling</b> Example: “I’m so stupid”, “I’m such a clutz” “I’m terrible with finances”		
<b>Blame and Personalization</b> Example: “if only” applied to yourself or on others		
<b>All or nothing</b> Example: “If I can’t do this perfect I won’t even try.” “I’m not good enough”		
<b>Fortune Telling/Mindreading</b> Making negative predictions without factual support or assuming thoughts or actions of others		
<b>Magnifying or Catastrophizing</b> Seeing things dramatically more important than they are and creating a “catastrophe” conclusion		
<b>Emotional Reasoning</b> Assuming a feeling is true and has value over factual circumstance.		
<b>Mental Filter:</b> Dwelling on one negative detail too spoil enjoyment or hope.		