**Here is a list of the Top 10 Grinches that Steal Christmas:**

“A Grinch” in your thinking is where some aspects of ideas & experiences are given more weight & focus than others. We all do this both consciously & unconsciously, & **how** we do this provides pointers to our **underlying beliefs** about ourselves, others & the world.

Which of these might you be letting steal your Christmas and New Year?

1.  **All or Nothing Thinking:** Seeing things as black-or-white, right-or-wrong with nothing in between. Essentially, if I'm not perfect then I'm a failure.
* I didn't mail out Christmas cards to everyone on my list so it was a *complete* waste of time.
* There's no point in decorating *if 100%* of the lights don’t work!
* They didn't show, they’re *completely* unreliable!

1.  **Overgeneralization:** Using words like always, never in relation to a single event or experience.
	* I'll *never* get that promotion
	* She *always* does that…
2. **Minimising or Magnifying (Also Catastrophizing):** Seeing things as dramatically more or less important than they actually are. Often creating a "catastrophe" that follows.
	* *Because* my boss publicly thanked her she'll get that promotion, not me (even though I had a great performance review and just led an outstanding Christmas pageant).
	* I forgot to text her back! *That means* she won't trust me again, I won't be invited again and all my friends will leave me.
3. **"Shoulds":** Using "should", "need to", "must", "ought to" to motivate oneself, then feeling guilty when you don't follow through (or anger and resentment when someone else doesn't follow through).
	* *I should have* got the Christmas shopping done this weekend.
	* *They ought to* have been more considerate of my feelings, *they should know* that would upset me.
4.  **Labeling:** Attaching a negative label to yourself or others following a single event.
	* I forgot to buy the egg nog, *I'm such a idiot!*
	* *What an insensitive doofus*, he couldn't even look up from his phone to help that lady with her cart!
5. **Jumping to Conclusions:**

**1) Mind-Reading:** Making negative assumptions about how people see you without evidence or factual support.

 Your friend is preoccupied and you don't bother to find out why. You're thinking:

* + She *thinks I'm exaggerating* again. or
	+ He still *hasn't forgiven me* for not going to his party.

**2) Fortune Telling:** Making negative predictions about the future without evidence or factual support

* + I *won't be able* to lose weight and *I'll be stuck* with this shape forever! (even though you just started to cut out sugar).
	+ *No-one will understand.* *I won't be invited back* again (even though they are supportive friends).
1. **Discounting the Positive:** Not acknowledging the positive. Saying anyone could have done it or insisting that your positive actions, qualities or achievements don't count…
	* That *doesn't count*, *anyone* could have done it.
	* I've *only* cut back desserts to 3x/week, but that *doesn't count* because I've not fully given up yet.
2. **Blame & Personalization:** Blaming yourself when you weren't entirely responsible or blaming other people and denying your role in the situation
	* *If only I was* younger, I would have got the job
	* *If only* *I* *hadn't* said that, they wouldn't have…
	* *If only she hadn't* yelled at me, I wouldn't have been angry and wouldn't have had that car accident.
3. **Emotional Reasoning:** I feel, therefore I am. Assuming that a feeling is true - without digging deeper to see if this is accurate.
	* I feel like such a loser (it must be true).
	* I feel guilty (I must have done something wrong).
	* I feel really bad for yelling at my child, I must be really selfish and unloving.
4. **Mental Filter:** Allowing (dwelling on) one negative detail or fact to spoil our enjoyment, happiness, hope etc
	* You have a great evening and dinner with friends, but your chicken was undercooked and that *spoiled the whole* evening.

**Summing it all up, friends,**

**I'd say you'll do best by filling your minds and meditating**

**on things true, noble, reputable, authentic, compelling, gracious—**

**the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Do that, and God, who makes everything work together,**

**will work you into his most excellent harmonies.**

**Philippians 4:8-9 (MSG)**

**MERRY CHRISTMAS!**

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