

I came across this post by Dr. Jonathan Shedler of the University of California at San Francisco, a man who holds a special contempt for the kinds of amateur psychoanalysts who have filled Americans' brains with damaging (and stupid) pop psychology.

Writes Shedler:

*What psychologist Albert Ellis called “awfulizing” and “horribleizing” (better known as catastrophizing) has become a culturally-accepted to speak and think*

*It wasn't upsetting, it was TRAUMA*

*I wasn't annoyed, I was HARMED*

*They're not difficult, they're TOXIC*

*I wasn't uncomfortable, I was UNSAFE*

*It wasn't disagreement, it was GASLIGHTING*

*It wasn't words, it was VIOLENCE*

*Most people can see how “awfulizing” and “horribleizing” fuel anxiety and depression.*

*It's less obvious that it is rooted in narcissism:*

*By speaking and thinking this way, we transforms life's unavoidable difficulties into the Most Important Thing in the Universe -- and ourselves into the Main Character in the Universe.*

I think it's safe to say that we've all observed this phenomenon, many times.