

**Doom Merchant** catastophizes by using the words ‘Always’ and ‘Never’, such as ‘It is *always* raining’ and ‘We *never* have any fun’. When something bad happens once, you begin to believe it happens all the time – perhaps because you are a bad person. This can make you feel angry, resentful or just downright miserable.

**Figure 11.6** Doom Merchant

**Photocopiable:** *Circle Solutions for Student Wellbeing* 3e Sue Roffey, 2020 (SAGE)