

10 Thinking Errors

1. All or nothing thinking

You think of things in all or nothing terms. Example : No one cares about me.

2. Over Generalization

You think of things in generalizations. If one event did not turn out well, it means that you will always fail. Example : you are turned down for a job, and you tell yourself that no one will hire you.

3. Mental Filter

You think about the negative aspects of events, disregarding the positive aspects. Example : you think about what went wrong on a date, and forget the things that went well.

4. Discounting the positive

You reject a positive experience as if it does not count. Example : You finish a project, and only consider what went wrong, discounting the merits of what you did well.

5. Jumping to Conclusions

You interpret others behavior as being negative without facts to support your conclusion.

Mind reading: you believe someone is judging you. Example: You meet someone new, and during a moment of silence, you believe that the silence means that he/she does not like you.

Fortune telling: you predict ill fortune. Example: you are working on a project at work, and you think, “my boss will not think my work is sufficient”.

6. Magnification

You magnify your mistakes and minimize your successes. Example : "a friend tells you that they appreciate your helping them fix his/her computer, and you apologizing for taking so long.

7. Emotional Reasoning

If you feel a painful emotion, you believe that it is your fault. Example : If I feel like I am guilty, I believe I must have done something wrong.

8. Should Statements

You tell yourself that things should be the way you expect. Example: "I should have played the piano without making so many mistakes". When using shoulds, a person is trying to force reality into their own image, putting a square peg into a round hole, and makes himself/herself feel miserable.

9. Labeling

You identify yourself or another with a negative or undesirable quality. Example: I am a loser.

10. Personalization and blame

You blame your self for something in which that you had no control over. Example : A peer or employer comments to the team on the delay of some project, and you believe he/she is referring to you personally. You say something to a friend that results in an argument, and you blame yourself or your friend for starting the argument.