

Common Thinking Errors

Binocular Vision

Looking at things in a way that makes them seem bigger than they really are.



Black / White Thinking

Looking at things in only extreme & opposite ways.
(Always or Never; All or Nothing)



Dark Glasses

Thinking about only the negative aspects of things.



Fortune-Telling

Making predictions about what will happen in the future without supporting evidence.



Making it Personal

Blaming yourself for things you have no control over (or things that are not your fault).



Blame Game

Blaming others for things you should take responsibility for.



Overgeneralization (Global Thinking)

You make a sweeping negative conclusion that goes far beyond the current situation.

Example: "I don't have what it takes to make friends."



Mind Reading

You believe you know what others' motivations are, or what they are thinking, failing to consider other, more likely possibilities.

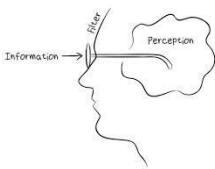
Example: "He's thinking that I don't know the first thing about this project."



Mental Filter (Selective Abstraction)

You pay undue attention to one negative detail instead of seeing the whole picture.

Example: "Because I got one low grade, it means I'm stupid."



Emotional Reasoning

You think something must be true because you "feel" (actually believe) it so strongly, ignoring or discounting evidence to the contrary.

Example: "I know I do a lot of things well at school, but I still feel as if I'm a failure."

TRUE
 FALSE

Disqualifying or Discounting the Positive

You unreasonably tell yourself that positive experiences, deeds, or qualities do not count.

Example: "I did that project well, but that doesn't mean I'm a good student; I just got lucky."



"Should" and "Must" Statements (Imperatives)

You have a precise, fixed idea of how you or others should behave and you overestimate how bad it is that these expectations are not met.

Example: "It's terrible that I made a mistake. That mistake was disastrous. I should never make a mistake."

