



Thinking Errors

GerryGange.com
1(647)494-3304

All or Nothing Thinking



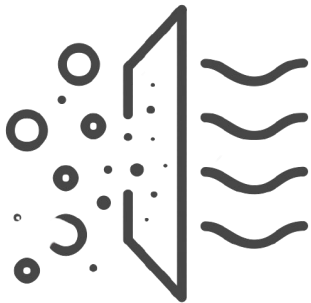
Sometimes called "black and white thinking"
"If I'm not perfect I have failed"
"Either I do it right or not at all"

Over Generalizing



Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw.

Mental Filter



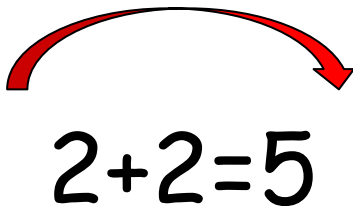
Only paying attention to certain types of evidence.
Noticing our failures but not seeing our successes.

Disqualifying the Positive



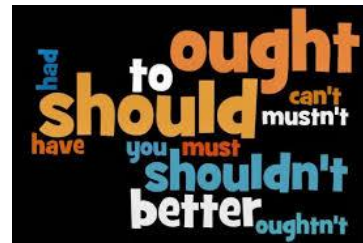
Discounting the good things that have happened or that you have done for some reason or another.
"That doesn't count"

Jumping to Conclusions



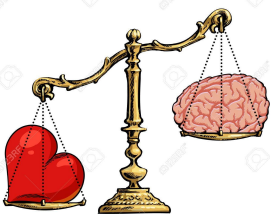
There are two key types of jumping to conclusions:
Mind Reading
(imagining we know what others are thinking)
Fortune Telling
(predicting the future)

Should / Must



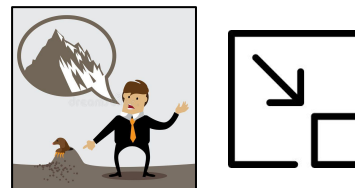
Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed. If we apply 'shoulds' to other people the result is frustration.

Emotional Reasoning



Assuming that because we feel a certain way what we think must be true.
I feel embarrassed so must be an idiot.

Magnification (Catastrophizing) & Minimization



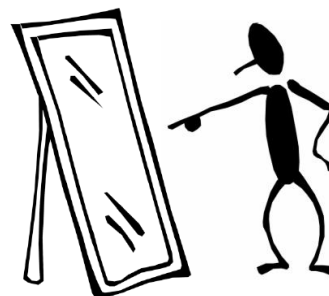
Blowing things out of proportion (catastrophizing) or inappropriately shrinking something to make it seem less important.

Labelling



Assigning labels to ourselves or other people.
"I'm a loser"
"I'm completely useless"
"They are such a loser"

Personalization



Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.