

# THINKING ERRORS



## POLARIZED THINKING

To think in extremes, either good or bad, all or nothing, without considering a balanced perspective



## CATASTROPHIZING

To predict and assume a negative outcome for a future event based on little evidence



## MIND READING

To jump to conclusions and negatively interpret the thoughts, behaviors, and feelings of someone



## MENTAL FILTER

To focus on a negative detail of a situation and exclude other details such as the positive parts



## OVERGENERALIZATION

To assume that future experiences or situations will have the same outcome based on one or a few events



## EMOTIONAL REASONING

To believe something is valid based on feelings rather than objective evidence



## LABELING

To place a label on yourself or others by generalizing based on a single event or a single characteristic



## DISQUALIFYING THE POSITIVE

To disregard and dismiss the positive aspects of an event or situation



## SHOULD STATEMENTS

To think that your behavior, or other people's behavior and events must or should or ought to occur a certain way



## PERSONALIZATION

To blame yourself for the actions of others and external events that occur without considering other factors that are out of your control



## BLAMING

To blame someone for an event that occurred without considering other factors or how you might have contributed to the event



## UNFAIR COMPARISONS

To compare your achievements with others or with standards that are unrealistic without considering that every person is unique