

Thinking Errors



MAKING GUESSES: Filling in missing information by making guesses or assumptions

- **Mindreading: Guessing what others are thinking**

Example: _____

- **Fortune telling: Making predictions about future events**

Subtype – *Catastrophizing: Assuming the worst-case scenario is likely to happen*

Example: _____

- **Jumping to conclusions: Assuming you know what is happening before having all the facts**

Example: _____

- **Personalization: Assuming events are about you without confirming information**

Example: _____

- **Overgeneralization: Assuming a single event will become a lifelong pattern**

Example: _____

- **Emotional reasoning: Gut-level feelings, instincts without any basis in fact**

Example: _____

TUNNEL VISION: Seeing only the subset of information that confirms your point of view

- **Mental filtering: Ignoring contrary evidence, noticing only evidence that supports your idea**

Example: _____



Thinking Errors (continued)

MISPERCEPTIONS: Distorting existing information making it greater or smaller than reality

- **Magnification:** Things seem larger or worse than they really are.

Example: _____

- **Minimization:** Making less of issues than deserved, giving less weight to things than appropriate

Subtype - Disqualifying the positive: Dismissing good news, accomplishments, compliments

Example: _____

ABSOLUTES: Rigid views of self, others or life that are overly harsh, perfectionistic or uncompromising

- **Black and white thinking:** Categorical view in absolute terms such as good or bad, success or failure

Example: _____

- **Labeling:** Global critical labels for self or others, such as stupid or lazy, rather than looking a specific situations or behaviors

Example: _____

- **Shoulds and musts:** Rigid rules about how people should act or things should be

Example: _____

Adapted from Wright, J.H. & Basco, M.R. (2001) *Getting Your Life Back*. New York: The Free Press.