

THINKING ERRORS

1. All-or-nothing thinking:

You see things in black and white categories. For example, if your performance falls short of perfect, you see yourself as a total failure. You act as if people are either good or bad, and fail to see grey areas in between. You give things emotionally loaded labels (e.g. I'm unlovable).

2. Overgeneralisation/Catastrophising:

Taking one example and thinking it applies to your whole life. Predicting worst case scenarios as if they are the likeliest outcome. For example, you see a single negative event as a never-ending pattern of defeat.

3. Mental filter/ Disqualifying the positive:

You focus on every negative detail and dwell on so that your view of everything becomes more negative. You reject positive experiences by insisting they "don't count" for some reason or other. You maintain a negative belief that is contradicted by your everyday experiences.

4. Jumping to conclusions:

You make a negative interpretation even though there are no definite facts that convincingly support your conclusion. This can include Mind reading where you guess other people's thoughts and don't bother to check them out and The Fortune Teller Error where you anticipate that things will turn out badly and feel convinced that your prediction is an already-established fact.

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5. Magnification or minimization:

You exaggerate the importance of negative things (such as your errors or someone else's achievement), or you inappropriately shrink positive things until they appear tiny (your successes or other's imperfections).

6. Emotional reasoning:

You assume that your negative emotions necessarily reflect the way things really are: "I feel it, therefore it must be true." For example, thinking other people must think of you as an embarrassment if you have felt embarrassed.

7. Personalisation:

You see yourself as the cause of some negative external event for which, in fact, you were not primarily responsible. For example, feeling the weather was bound to turn rainy once you decided to go to the beach.